Taste of Home

202 comfy, hearty recipes & tips



Get all warm and homey with **Hearty Beef & Sweet Potato Stew, *page 38,*** from Renée Greene Murphy of Smithtown, NY.

FROM HOME COOKS LIKE YOU · BEST LOVED RECIPES

Come & Get It!

WEEKNIGHT COMFORT
Stews & Chili

HARVEST SPECIALS
Pumpkin, Apple & Cranberry

Top 10 *CHEESIEST* Appetizers

Make-Ahead *TAILGATE PARTY*

Best Ever *FUDGY* Brownies

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The whole family will approve of Sausage Mac & Cheese. Even your aunt, who's openly disapproved of every decision you've made since junior high.

Johnsonville

We don't make sausage. We make family. And sausage.™

Sausage Mac & Cheese

Ingredients

2 cups uncooked, whole-grain, elbow macaroni
3 tablespoons butter
3 tablespoons flour
1 cup fat-free milk
8 oz American cheese, cubed
½ package (13.5 oz) Johnsonville Premium Fully Cooked Sausage

Directions

1. Cook macaroni according to package directions; drain.
2. Meanwhile, in another saucepan, melt butter over medium heat.
3. Stir in flour until smooth; gradually whisk in milk.
4. Bring to a boil, stirring constantly. Cook and stir until thickened.
5. Add cheese; cook and stir until melted.
6. Stir in macaroni and sausage.

Eat, enjoy and have someone else do the dishes.

find more recipes at Johnsonville.com



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Taste of Home
SEPTEMBER/
OCTOBER 2015

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COOKING, CARING & SHARING®

RECIPES FROM FAMILIES LIKE YOURS

Fall Feasts

Bring on the tailgates, chili cookoffs, lazy weekends and trips to the pumpkin patch. Do what these readers do at this time of year: **Hunker down and cook!**



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THIS ISSUE'S RECIPE STAR

You could be our next one!

Gotta hand it to Florida reader Cyndy Gerken.
Her Loaded Twice-Baked Potato Casserole (*page 39*) is crazy-good comfort. Share your own recipe creations at **tasteofhome.com/submit.**





Cranberry Goodness

The harvest is happening right here, right now.

We have big cranberry fans in my family, myself included. That bright, tart flavor just makes us happy. And the fact that the berries are so nutritious is a big bonus. Cranberry juice has been my daughter Jess' favorite from the time she was a toddler. Of course, cranberries have always held a hallowed spot on my mom's Thanksgiving table, and now mine. It prompts the annual question: "Why don't we have cranberries more often?" Why indeed?

Here in Wisconsin, where more than half the world's cranberries are grown, harvest season is now upon us. So Senior Editor Emily Tyra and our photography team set off to the northern marshes to learn how to work those little red gems into family menus anytime. Start with berry farmer Lisa Potter's **Baked Cranberry Meatballs,** *page 54.*



Staffers Emily Tyra and Dee Dee Jacq (and photographer Jim Wieland) get bogged down in their work.

Catherine

CATHERINE CASSIDY EDITOR-IN-CHIEF



P.S. *I'm so excited! Our* Ultimate Halloween *issue is here, and it's almost scary how many party ideas and decorating tips we packed in. Plus recipes.* Always *recipes, like Suzanne Clark's trick-or-treat supper* (below). *Find it wherever magazines are sold.*

Slithering Snakewich with Spicy Venom Sauce



Our Halloween party is so big, I have to get a city permit and hold it in the street. This sub sandwich shaped like a snake is our tasty centerpiece. It's a tradition!
—SUZANNE CLARK PHOENIX, AZ

PREP: 45 MIN. + RISING • **BAKE:** 20 MIN.
MAKES: 20 SERVINGS

- **2 loaves (1 lb. each) frozen bread dough**
- **3 Tbsp. butter, melted**
- **2 Tbsp. sesame seeds**
- **¾ cup roasted red peppers, drained**
- **1 cup mayonnaise**
- **½ cup finely chopped pepperoncini**
- **2 garlic cloves, minced**
- **Assorted deli meats and cheeses**
- **Lettuce and sliced tomatoes**
- **2 pretzel sticks or toothpicks**
- **2 ripe olive slices**
- **2 pickle slices**

1. Thaw dough according to package directions. Roll dough from each loaf into a 2-in.-thick log, shaping one end of one log to resemble a snake head and one end of the second log to resemble a rattle.

2. Transfer to greased baking sheets, curving slightly to resemble a snake. Cover with kitchen towels; let rise in a warm place until doubled, about 45 minutes. Preheat oven to 350°.

3. Brush dough with melted butter; sprinkle with sesame seeds. Bake 20-25 minutes or until golden brown. Remove from pans to wire racks to cool completely.

4. Cut a roasted pepper into a 3-in.-long strip to make a snake tongue; set aside. Finely chop remaining peppers and place in a small bowl; stir in mayonnaise, pepperoncini and garlic.

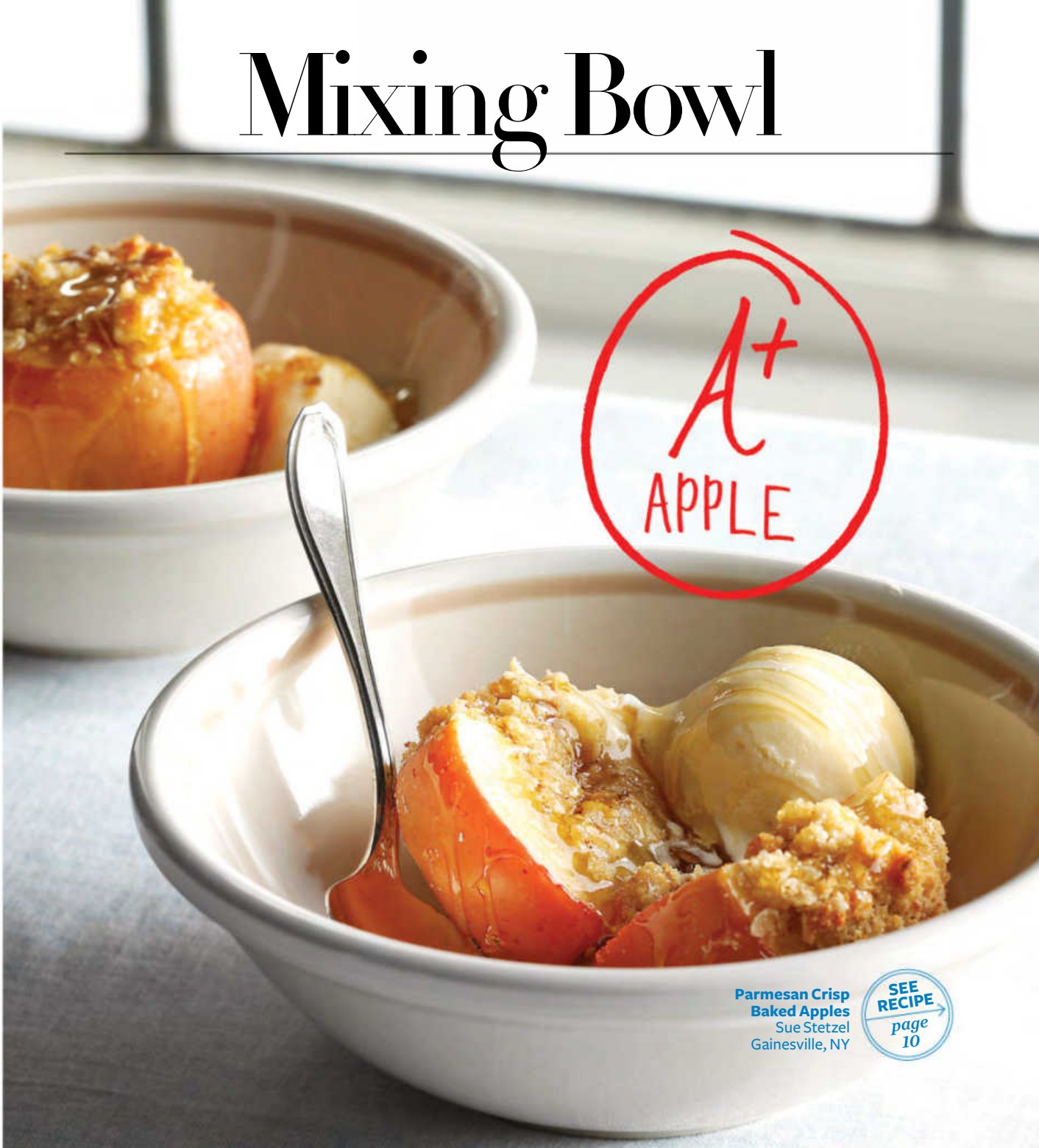
5. On a cutting board, trim off plain end of each loaf, leaving head and rattle ends intact. Cut each loaf horizontally in half. Connect bottom halves to make a snake; layer on assorted toppings and 1 cup sauce. Top with remaining bread. Using pretzel sticks, attach olives and pickles for eyes; insert snake tongue. Serve with remaining sauce. ■

DAISY VEGETABLE QUESADILLAS





SIMPLE INGREDIENTS. SIMPLY PURE.



Parmesan Crisp Baked Apples
Sue Stetzel
Gainesville, NY

SEE RECIPE page 10

After-School Snack

This Gainesville, New York, Field Editor shares her **cross between apple crisp and baked apples,** loaded up with oats and spice and everything nice. You get a gold star, Sue Stetzel.



EAT SMART FAST FIX

Parmesan Crisp Baked Apples



A dear friend and I wanted to make an easy apple crisp. We made a Parmesan filling, stuffed the apples and baked them whole. They were a hit!

—SUE STETZEL GAINESVILLE, NY

field editor

START TO FINISH: 25 MIN.
MAKES: 2 SERVINGS

- **2 small Braeburn or Gala apples**
- **¼ cup grated Parmesan cheese**
- **3 Tbsp. quick-cooking oats**
- **2 Tbsp. all-purpose flour**
- **2 Tbsp. brown sugar**
- **Dash ground nutmeg**
- **1 Tbsp. butter, melted**
- **Additional grated Parmesan cheese, optional**

1. Preheat oven to 350°. Cut a ¼-in. slice off top of each apple. Core apples, leaving bottoms intact; place in a microwave-safe 8-in.-square baking dish. Microwave, covered, 3-4 minutes or until apples are tender.

2. In a small bowl, mix cheese, oats, flour, brown sugar and nutmeg; stir in melted butter until crumbly. Carefully fill apples with oat mixture. If desired, sprinkle with additional cheese. Bake, uncovered, 12-15 minutes or until topping is golden brown.

PER SERVING *255 cal., 9 g fat (6 g sat. fat), 24 mg chol., 204 mg sodium, 39 g carb., 3 g fiber, 6 g pro.*

INSTANT GRATIFICATION

Easiest Cheesiest Lasagna

When a lasagna craving hits, sometimes you just gotta have it. Right now. Prep those cheesy, saucy pasta layers in no time with a super-secret shortcut—ravioli.



Weeknight Ravioli Lasagna

Spread ½ cup hot **pasta sauce** into a greased 11x7-in. baking dish. Layer with 3 cups **frozen meat or cheese ravioli** (no need to thaw), 1½ cups **fresh spinach,** ½ cup **mozzarella cheese** and 1 cup of hot **pasta sauce;** repeat layers. Sprinkle top with ½ cup **mozzarella.** Bake, uncovered, at 350° for 45 minutes or until edges are bubbly and cheese is melted. Let stand 5 minutes before serving.

—PAMELA NICHOLSON FESTUS, MO



SCARY CENTERPIECE

Dinofright!

This Styracosaurus is ready to guard your stash. After the gang has fun assembling him, simply set him on a platter surrounded with some choice Halloween candy. Then help yourself—if you dare. *$30 and up, depending on the dino,* **boneyardpets.com**

SWEETS TO SHARE

So Good *It's Nuts*

Bring back a cafeteria classic with a peanutty punch. Slather on frosting and add the crunch.



Peanut Bars

My mother taught me and my four brothers and three sisters to cook and bake. Thank goodness.
—REN REED TAVARES, FL

PREP: 20 MIN. • **BAKE:** 20 MIN. + COOLING
MAKES: 2 CAKES (20 PIECES EACH)

- **1 cup butter, softened**
- **2 cups sugar**
- **1 cup creamy peanut butter**
- **2 large eggs**
- **1 tsp. vanilla extract**
- **2 cups all-purpose flour**
- **1 tsp. baking powder**
- **1 cup water**
- **½ cup 2% milk**

FROSTING

- **¾ cup creamy peanut butter**
- **¼ cup butter, softened**
- **3¾ cups confectioners' sugar**
- **5 to 6 Tbsp. 2% milk**
- **1 cup chopped unsalted peanuts**

1. Preheat oven to 350°. Grease two 13x9-in. baking pans.

2. In a large bowl, cream butter, sugar and peanut butter until light and fluffy. Add eggs, one at a time, beating well after each addition. Beat in vanilla. In another bowl, whisk flour and baking powder; add to creamed mixture alternately with water and milk, beating well after each addition.

3. Transfer batter to prepared baking pans. Bake 20-25 minutes or until a toothpick inserted in center comes out clean. Meanwhile, for frosting, in a large bowl, beat peanut butter and butter until blended. Beat in confectioners' sugar alternately with enough of the milk to reach spreading consistency.

4. Remove cakes from oven; place on wire racks. Spread frosting over warm cakes; sprinkle with peanuts. Cool completely.

PER SERVING *250 cal., 14 g fat (5 g sat. fat), 25 mg chol., 114 mg sodium, 29 g carb., 1 g fiber, 5 g pro.*

KIDS IN THE KITCHEN

Hot Tamales

Suzanne Clark and her daughter Alivia created these little bundles filled with tamale ingredients. Corn bread mix makes it easy to satisfy your snack attack.



EAT SMART Muffin Tin Tamale Cakes

We needed snack inspiration beyond PB&J. Tamales are popular here in the Southwest but so much work. These muffins have all the flavor but no fuss.

—SUZANNE CLARK PHOENIX, AZ

PREP: 25 MIN. • **BAKE:** 20 MIN.
MAKES: 2 DOZEN

- **2 pkg. (8½ oz. each) corn bread/muffin mix**
- **1 can (14¾ oz.) cream-style corn**
- **2 large eggs, lightly beaten**
- **1½ cups (6 oz.) shredded reduced-fat Mexican cheese blend, divided**
- **1½ cups chopped cooked chicken breast**
- **¾ cup red enchilada sauce**

1. Preheat oven to 400°. In a large bowl, combine muffin mix, corn and eggs; stir just until moistened. Stir in 1 cup cheese. In another bowl, toss chicken with enchilada sauce.

2. Fill each of 24 foil-lined muffin cups with 2 Tbsp. batter. Place 1 Tbsp. chicken mixture into center of each; cover with about 1 Tbsp. batter.

3. Bake for 13-15 minutes or until golden brown. Sprinkle tops with remaining cheese. Bake 3-5 minutes longer or until the cheese is melted. Cool for 5 minutes before removing from pan to wire racks. Serve warm. Refrigerate leftovers.

PER MUFFIN *137 cal., 5 g fat (2 g sat. fat), 28 mg chol., 313 mg sodium, 18 g carb., 2 g fiber, 7 g pro.* ***Diabetic Exchanges:*** *1 starch, 1 lean meat.*

Try using foil baking cups, which easily slip away from the pan and muffins.



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PARTY TIME

Leaf Pile

Arrange herby crescent dough crackers (they're homemade in minutes!), cheese cutouts and sliced salami on a platter. Your family dives right in, you rake in the compliments.

Crescent Dough Crackers

Unroll 1 sheet of **crescent roll dough** and flatten slightly. Sprinkle with **poppy seeds, sesame seeds, coarse salt** and **Italian seasoning** before cutting with leaf-shaped cookie cutters. Bake at 375° for 10–12 minutes or until golden brown.



HIDDEN OBJECT

Spot the gourd in the issue and **you could win a *Taste of Home* cookbook.** Find it? Go to **tasteofhome.com/hiddenobject.** *In our last issue, the glass of lemonade was on page 76. See complete guidelines on page 84.*



FOR MODERATE TO SEVERE RA

Feet were made for tiptoeing, not RA.

Discover XELJANZ®

XELJANZ is a small pill, not an injection or infusion. It can relieve the joint pain and stiffness of RA, and help stop further joint damage, even without methotrexate.

XELJANZ is a prescription medicine for adults with moderate to severe rheumatoid arthritis for whom methotrexate did not work well. Visit XELJANZ.com to learn more.

ASK YOUR RHEUMATOLOGIST IF XELJANZ IS RIGHT FOR YOU



What is XELJANZ?

XELJANZ is a prescription medicine called a Janus kinase (JAK) inhibitor. XELJANZ is used to treat adults with moderately to severely active rheumatoid arthritis in which methotrexate did not work well.

- It is not known if XELJANZ is safe and effective in people with hepatitis B or C.
- XELJANZ is not for people with severe liver problems.
- It is not known if XELJANZ is safe and effective in children.

IMPORTANT SAFETY INFORMATION

What is the most important information to know about XELJANZ?

Serious infections. XELJANZ can lower the ability of your immune system to fight infections. Some people have serious infections while taking XELJANZ, including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses that can spread throughout the body. Some people have died from these infections. Your healthcare provider should test you for TB before starting XELJANZ, and monitor you closely for signs and symptoms of TB infection during treatment. You should not start taking XELJANZ if you have any kind of infection unless your healthcare provider tells you it is okay.

Cancer and immune system problems. XELJANZ may increase your risk of certain cancers by changing the way your immune system works. Lymphoma and other cancers, including skin cancers, have happened in patients taking XELJANZ.

Some people who have taken XELJANZ with certain other medicines to prevent kidney transplant rejection have had a problem with certain white blood cells growing out of control (Epstein Barr Virus–associated post-transplant lymphoproliferative disorder).

Tears (perforation) in the stomach or intestines. Some people taking XELJANZ get tears in their stomach or intestine. This happens most often in people who also take nonsteroidal anti-inflammatory drugs (NSAIDs), corticosteroids, or methotrexate. Tell your healthcare provider right away if you have fever and stomach-area pain that does not go away, and a change in your bowel habits.

Changes in lab test results. Your healthcare provider should do blood tests before you start receiving XELJANZ, and at certain times while you are taking XELJANZ, to check for the following side effects:

- **changes in lymphocyte counts.** Lymphocytes are white blood cells that help the body fight off infections.
- **low neutrophil counts.** Neutrophils are white blood cells that help the body fight off infections.
- **low red blood cell count.** This may mean that you have anemia, which may make you feel weak and tired.

Your healthcare provider should also routinely check certain liver tests. You should not receive XELJANZ if your lymphocyte count, neutrophil count, or red blood cell count is too low or your liver tests are too high. Your healthcare provider may stop your XELJANZ treatment for a period of time if needed because of changes in these blood test results. Your healthcare provider should do blood tests to check your cholesterol levels 4-8 weeks after you start XELJANZ, and as needed after that.

Before taking XELJANZ, tell your healthcare provider if you:

- think you have an infection or have symptoms of an infection, such as fever, sweating, or chills; muscle aches; cough; shortness of breath; blood in phlegm; weight loss; warm, red, or painful skin or sores on your body; diarrhea or stomach pain; burning when you urinate or urinating more often than normal; or feeling very tired
- are being treated for an infection
- get a lot of infections or have infections that keep coming back
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections
- have TB, or have been in close contact with someone with TB
- live or have lived in, or have traveled to certain parts of the country (such as the Ohio and Mississippi River valleys and the Southwest) where there is an increased chance for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, or blastomycosis). These infections may happen or become more severe if you use XELJANZ. Ask your healthcare provider if you do not know if you have lived in an area where these infections are common.



- have or have had hepatitis B or C or liver problems
- have ever had any type of cancer
- have kidney problems
- have any stomach area (abdominal) pain or been diagnosed with diverticulitis (inflammation in parts of the large intestine) or ulcers in your stomach or intestines
- have had a reaction to tofacitinib or any of the ingredients in XELJANZ
- have recently received or are scheduled to receive a vaccine. People taking XELJANZ should not receive live vaccines but can receive non-live vaccines
- have any other medical conditions
- plan to become pregnant or are pregnant. It is not known if XELJANZ will harm an unborn baby
 Pregnancy Registry: Pfizer has a registry for pregnant women who take XELJANZ. The purpose of this registry is to check the health of the pregnant mother and her baby. If you are pregnant or become pregnant while taking XELJANZ, talk to your healthcare provider about how you can join this pregnancy registry or you may contact the registry at 1-877-311-8972 to enroll
- plan to breastfeed or are breastfeeding

After starting XELJANZ, call your healthcare provider right away if you have any symptoms of an infection. XELJANZ can make you more likely to get infections or make worse any infection that you have.

Tell your healthcare provider about all of the medicines you take, especially any other medicines to treat your rheumatoid arthritis. You should not take tocilizumab (Actemra®), etanercept (Enbrel®), adalimumab (Humira®), infliximab (Remicade®), rituximab (Rituxan®), abatacept (Orencia®), anakinra (Kineret®), certolizumab pegol (Cimzia®), golimumab (Simponi®), azathioprine, cyclosporine, or other immunosuppressive drugs while you are taking XELJANZ. Taking XELJANZ with these medicines may increase your risk of infection.

- Tell your healthcare provider if you are taking medicines that affect the way certain liver enzymes work. Ask your healthcare provider if you are not sure if your medicine is one of these.

What are other possible side effects of XELJANZ?
XELJANZ may cause serious side effects, including hepatitis B or C activation infection in people who carry the virus in their blood. If you are a carrier of the hepatitis B or C virus (viruses that affect the liver), the virus may become active while you use XELJANZ. Tell your healthcare provider if you have the following symptoms of a possible hepatitis B or C infection: feeling very tired, skin or eyes look yellow, little or no appetite, vomiting, clay-colored bowel movements, fevers, chills, stomach discomfort, muscle aches, dark urine, and skin rash.

Common side effects of XELJANZ include upper respiratory tract infections (common cold, sinus infections), headache, diarrhea, and nasal congestion, sore throat, and runny nose (nasopharyngitis).

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please see additional Patient Information on the following page.

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XELJANZ®
(tofacitinib citrate)
5 mg tablets



XELJANZ
[tofacitinib citrate]
5 mg tablets

CONSUMER BRIEF SUMMARY
XELJANZ (ZEL' JANS') (tofacitinib)

Read the Medication Guide that comes with XELJANZ before you start taking it and each time you get a refill. There may be new information. This brief summary does not take the place of talking to your healthcare provider about your medical condition or treatment.

What is the most important information I should know about XELJANZ?
XELJANZ may cause serious side effects including:

1. Serious infections.

XELJANZ is a medicine that affects your immune system. XELJANZ can lower the ability of your immune system to fight infections. Some people have serious infections while taking XELJANZ, including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses that can spread throughout the body. Some people have died from these infections.

- Your healthcare provider should test you for TB before starting XELJANZ.
- Your healthcare provider should monitor you closely for signs and symptoms of TB infection during treatment with XELJANZ.

You should not start taking XELJANZ if you have any kind of infection unless your healthcare provider tells you it is okay.

Before starting XELJANZ, tell your healthcare provider if you:

- think you have an infection or have symptoms of an infection such as:
 - fever, sweating, or chills
 - muscle aches
 - cough
 - shortness of breath
 - blood in phlegm
 - weight loss
 - warm, red, or painful skin or sores on your body
 - diarrhea or stomach pain
 - burning when you urinate or urinating more often than normal
 - feeling very tired
- are being treated for an infection
- get a lot of infections or have infections that keep coming back
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections
- have TB, or have been in close contact with someone with TB
- live or have lived, or have traveled to certain parts of the country (such as the Ohio and Mississippi River valleys and the Southwest) where there is an increased chance for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, or blastomycosis). These infections may happen or become more severe if you use XELJANZ. Ask your healthcare provider if you do not know if you have lived in an area where these infections are common
- have or have had hepatitis B or C

After starting XELJANZ, call your healthcare provider right away if you have any symptoms of an infection. XELJANZ can make you more likely to get infections or make worse any infection that you have.

2. Cancer and immune system problems.

XELJANZ may increase your risk of certain cancers by changing the way your immune system works.

- Lymphoma and other cancers, including skin cancers, can happen in patients taking XELJANZ. Tell your healthcare provider if you have ever had any type of cancer.
- Some people who have taken XELJANZ with certain other medicines to prevent kidney transplant rejection have had a problem with certain white blood cells growing out of control (Epstein Barr Virus–associated post-transplant lymphoproliferative disorder).

3. Tears (perforation) in the stomach or intestines.

- Tell your healthcare provider if you have had diverticulitis (inflammation in parts of the large intestine) or ulcers in your stomach or intestines. Some people taking XELJANZ get tears in their stomach or intestine. This happens most often in people who also take nonsteroidal anti-inflammatory drugs (NSAIDs), corticosteroids, or methotrexate.
- Tell your healthcare provider right away if you have fever and stomach-area pain that does not go away, and a change in your bowel habits.

4. Changes in certain laboratory test results.

Your healthcare provider should do blood tests before you start receiving XELJANZ and while you take XELJANZ to check for the following side effects:

- **changes in lymphocyte counts.** Lymphocytes are white blood cells that help the body fight off infections.
- **low neutrophil counts.** Neutrophils are white blood cells that help the body fight off infections.
- **low red blood cell count.** This may mean that you have anemia, which may make you feel weak and tired.

Your healthcare provider should routinely check certain liver tests.
You should not receive XELJANZ if your lymphocyte count, neutrophil count, or red blood cell count is too low or your liver tests are too high.

Your healthcare provider may stop your XELJANZ treatment for a period of time if needed because of changes in these blood test results.

You may also have changes in other laboratory tests, such as your blood cholesterol levels. Your healthcare provider should do blood tests to check your cholesterol levels 4 to 8 weeks after you start receiving XELJANZ, and as needed after that. Normal cholesterol levels are important to good heart health.

See "What are the possible side effects of XELJANZ?" for more information about side effects.

What is XELJANZ?

XELJANZ is a prescription medicine called a Janus kinase (JAK) inhibitor. XELJANZ is used to treat adults with moderately to severely active rheumatoid arthritis in which methotrexate did not work well.

It is not known if XELJANZ is safe and effective in people with hepatitis B or C.
XELJANZ is not for people with severe liver problems.
It is not known if XELJANZ is safe and effective in children.

What should I tell my healthcare provider before taking XELJANZ?

XELJANZ may not be right for you. Before taking XELJANZ, tell your healthcare provider if you:

- have an infection. See "What is the most important information I should know about XELJANZ?"
- have liver problems
- have kidney problems
- have any stomach area (abdominal) pain or been diagnosed with diverticulitis or ulcers in your stomach or intestines
- have had a reaction to tofacitinib or any of the ingredients in XELJANZ
- have recently received or are scheduled to receive a vaccine. People who take XELJANZ should not receive live vaccines. People taking XELJANZ can receive non-live vaccines
- have any other medical conditions
- plan to become pregnant or are pregnant. It is not known if XELJANZ will harm an unborn baby

 Pregnancy Registry: Pfizer has a registry for pregnant women who take XELJANZ. The purpose of this registry is to check the health of the pregnant mother and her baby. If you are pregnant or become pregnant while taking XELJANZ, talk to your healthcare provider about how you can join this pregnancy registry or you may contact the registry at 1-877-311-8972 to enroll
- plan to breastfeed or are breastfeeding. You and your healthcare provider should decide if you will take XELJANZ or breastfeed. You should not do both.

Tell your healthcare provider about all of the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. XELJANZ and other medicines may affect each other causing side effects.

Especially tell your healthcare provider if you take:

- any other medicines to treat your rheumatoid arthritis. You should not take tocilizumab (Actemra®), etanercept (Enbrel®), adalimumab (Humira®), infliximab (Remicade®), rituximab (Rituxan®), abatacept (Orencia®), anakinra (Kineret®), certolizumab pegol (Cimzia®), golimumab (Simponi®), azathioprine, cyclosporine, or other immunosuppressive drugs while you are taking XELJANZ. Taking XELJANZ with these medicines may increase your risk of infection.
- medicines that affect the way certain liver enzymes work. Ask your healthcare provider if you are not sure if your medicine is one of these.

Know the medicines you take. Keep a list of them to show your healthcare provider and pharmacist when you get a new medicine.

How should I take XELJANZ?

- Take XELJANZ as your healthcare provider tells you to take it.
- Take XELJANZ 2 times a day with or without food.
- If you take too much XELJANZ, call your healthcare provider or go to the nearest hospital emergency room right away.

What are possible side effects of XELJANZ?

XELJANZ may cause serious side effects, including:

- See "What is the most important information I should know about XELJANZ?"
- **Hepatitis B or C activation infection** in people who carry the virus in their blood. If you are a carrier of the hepatitis B or C virus (viruses that affect the liver), the virus may become active while you use XELJANZ. Your healthcare provider may do blood tests before you start treatment with XELJANZ and while you are using XELJANZ. Tell your healthcare provider if you have any of the following symptoms of a possible hepatitis B or C infection:
 - feel very tired
 - skin or eyes look yellow
 - little or no appetite
 - vomiting
 - clay-colored bowel movements
 - fevers
 - chills
 - stomach discomfort
 - muscle aches
 - dark urine
 - skin rash

Common side effects of XELJANZ include:

- upper respiratory tract infections (common cold, sinus infections)
- headache
- diarrhea
- nasal congestion, sore throat, and runny nose (nasopharyngitis)

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of XELJANZ. For more information, ask your healthcare provider or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

You may also report side effects to Pfizer at 1-800-438-1985.

General information about the safe and effective use of XELJANZ.

Medicines are sometimes prescribed for purposes other than those listed in a brief summary. Do not use XELJANZ for a condition for which it was not prescribed. Do not give XELJANZ to other people, even if they have the same symptoms you have. It may harm them.

This brief summary summarizes the most important information about XELJANZ. If you would like more information, talk to your healthcare provider. You can ask your pharmacist or healthcare provider for information about XELJANZ that is written for health professionals.

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This brief summary is based on XELJANZ Prescribing Information LAB-0445-7.0 and Medication Guide LAB-0535-2.0.
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Pfizer

Cook Smart

Skillet supper central *PAGE 20*
Fresh & comfy weeknight faves *PAGE 25*
Classic carbonara makeover *PAGE 34*



LET'S COOK

BEST. BROWNIE. EVER.

Say hello to **the richest, fudgiest, chocolate-chippiest brownie you've ever met.** Our Test Kitchen manager made 19 batches on her quest for perfection. When this one came out of her oven, the search was over.

SEE RECIPE *page 18*

Ultimate Fudgy Brownies

Ultimate Fudgy Brownies



In these ultrafudgy brownies, coffee granules bump up the chocolate flavor. Add bittersweet chocolate chips to the batter for irresistible treats.

—SARAH THOMPSON
TASTE OF HOME TEST KITCHEN & FOOD STYLING MANAGER

PREP: 20 MIN.
BAKE: 40 MIN. + COOLING
MAKES: 16 SERVINGS

- **1 cup sugar**
- **½ cup packed brown sugar**
- **⅔ cup butter, cubed**
- **¼ cup water**
- **2 tsp. instant coffee granules, optional**
- **2¾ cups (16 oz.) bittersweet chocolate chips, divided**
- **4 large eggs**
- **2 tsp. vanilla extract**
- **1½ cups all-purpose flour**
- **½ tsp. baking soda**
- **½ tsp. salt**

1. Preheat oven to 325°. Line a 9-in.-square baking pan with parchment paper, letting ends extend up and over sides.
2. In a large saucepan, combine sugars, butter, water and, if desired, coffee granules; bring to a boil, stirring constantly. Remove from heat; add 1¾ cup chocolate chips and stir until melted. Cool slightly.
3. In a large bowl, whisk eggs until foamy, about 3 minutes. Add vanilla extract; gradually whisk in the chocolate mixture. In another bowl, whisk flour, baking soda and salt; stir into the chocolate mixture. Fold in remaining chocolate chips.
4. Pour into prepared pan. Bake on a lower oven rack 40-50 minutes or until a toothpick inserted in center comes out with moist crumbs (do not overbake). Cool completely in pan on a wire rack.
5. Lifting with parchment paper, remove brownies from pan. Cut into 16 squares.

PER SERVING *344 cal., 18 g fat (10 g sat. fat), 67 mg chol., 197 mg sodium, 47 g carb., 2 g fiber, 4 g pro.*

Brownie Points

test kitchen TIPS

MAKE THEM ULTIMATE Baking the brownies in a 9x9 pan makes them thicker and fudgier, and dissolving the sugar first delivers a smoother, almost trufflelike texture. Whipping the eggs gives you that shiny, tissue-papery top.

LOAD UP ON THE CHOCOLATE Bittersweet chocolate chips lend a deeper flavor than semisweet. Melt a 10-oz. bag of chips into the batter and stir in an additional cup so you get chips in every bite. (Save the rest of the second bag for a rainy-day treat.)

PREPARE TO SHARE



1 LINE & LIFT.

Before you pour in the batter, line the 9x9 pan with parchment paper, letting a couple of inches extend over each side. When the brownies are cool, grab the paper "handles" and tug. Out comes dessert.



2 DIVVY THEM UP.

A bench scraper (find one in the kitchenware aisle) is a handy tool for clean cutting or working with dough. Get nice slices by pressing the scraper into the brownies and lifting up; don't drag through.





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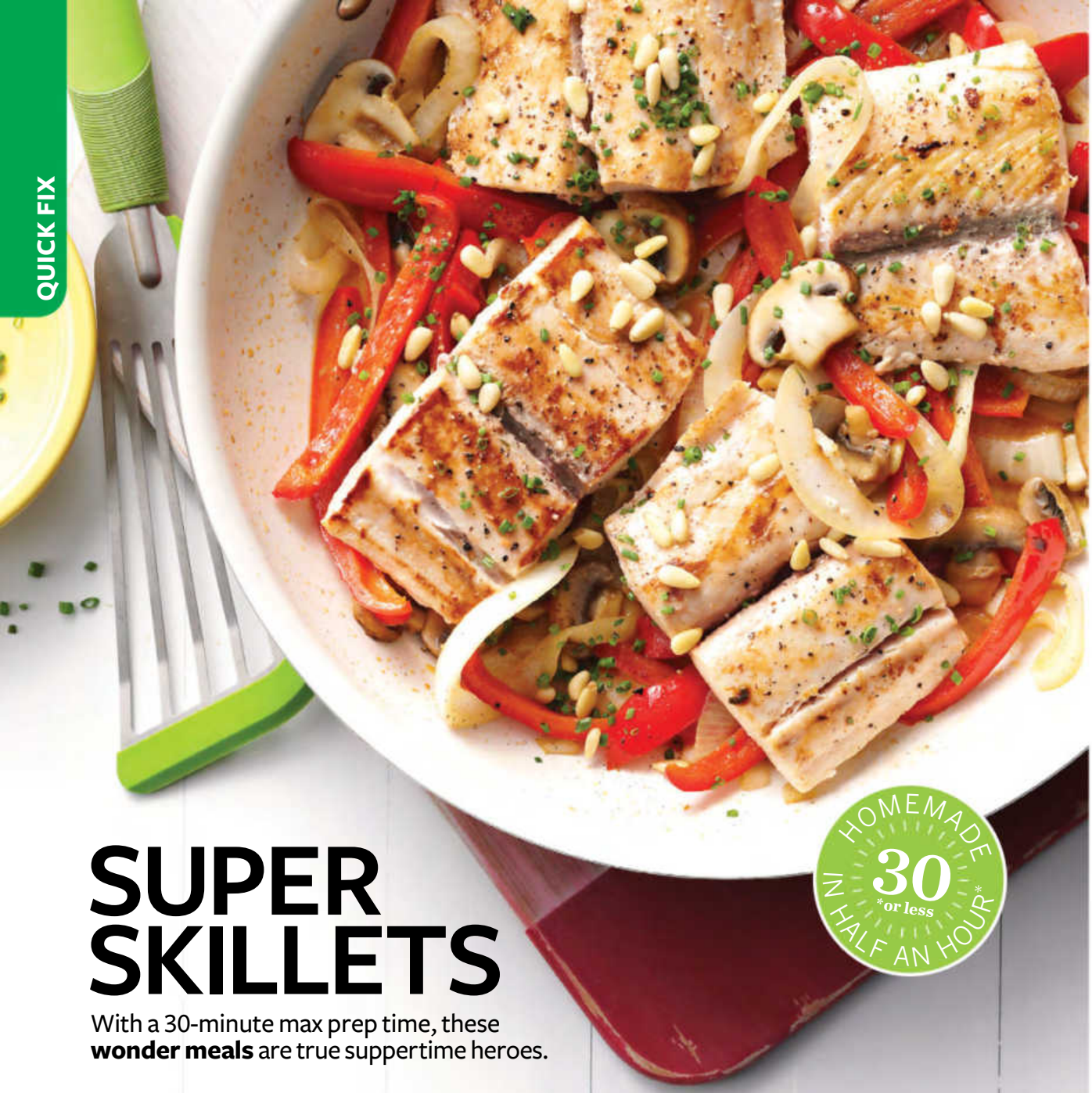
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EAT SMART FAST FIX

Mahi Mahi & Veggie Skillet

This easy-cooking combo of mahi mahi and bright vegetables brings out some serious wow factor. I like using a cast-iron skillet, but any skillet will do.
—SOLOMON WANG ARLINGTON, TX

START TO FINISH: 30 MIN.
MAKES: 4 SERVINGS

- **3 Tbsp. olive oil, divided**
- **4 mahi mahi or salmon fillets (6 oz. each)**
- **3 medium sweet red peppers, cut into strips**
- **½ lb. sliced baby portobello mushrooms**
- **1 large sweet onion, cut into thick rings and separated**
- **⅓ cup lemon juice**
- **¾ tsp. salt, divided**
- **½ tsp. pepper**
- **¼ cup minced fresh chives**
- **⅓ cup pine nuts, optional**

1. In a large skillet, heat 2 Tbsp. olive oil over medium-high heat. Add mahi mahi fillets; cook 4-5 minutes on each side or until fish just begins to flake easily with a fork. Remove from pan.

2. Add remaining olive oil, peppers, mushrooms, onion, lemon juice and ¼ tsp. salt. Cook, covered, over medium heat 6-8 minutes or until tender, stirring occasionally.

3. Place fish over the vegetables; sprinkle with pepper and remaining salt. Cook, covered, 2 minutes longer or until heated through. Sprinkle with chives and, if desired, pine nuts before serving.

PER SERVING *307 cal., 12 g fat (2 g sat. fat), 124 mg chol., 606 mg sodium, 15 g carb., 3 g fiber, 35 g pro.*
Diabetic Exchanges: *4 lean meat, 3 vegetable, 2 fat.*

5 INGREDIENTS FAST FIX

Cheesy Onion Chicken Skillet

My zesty chicken with peppers and onions is so versatile, it works served on its own or over rice, noodles or roasted potatoes.

—**KIM JOHNSON** SIBLEY, IA

START TO FINISH: 20 MIN. • **MAKES:** 4 SERVINGS

- **1 lb. boneless skinless chicken breasts, cubed**
- **2 tsp. Mrs. Dash Garlic & Herb seasoning blend**
- **2 Tbsp. olive oil, divided**
- **1 medium green pepper, cut into strips**
- **½ medium onion, sliced**
- **1 cup (4 oz.) shredded Colby-Monterey Jack cheese**

1. Toss chicken with seasoning blend. In a large nonstick skillet, heat 1 Tbsp. oil over medium-high heat. Add chicken; cook and stir 5-7 minutes or until no longer pink. Remove from pan. In same pan, add remaining oil, pepper and onion; cook and stir 3-4 minutes or until crisp-tender.

2. Stir in chicken; sprinkle with cheese. Remove from heat; let stand, covered, until cheese is melted.

PER SERVING *293 cal., 17 g fat (8 g sat. fat), 88 mg chol., 226 mg sodium, 4 g carb., 1 g fiber, 29 g pro.*





FAST FIX

Saucy Skillet Lasagna

Thanks to no-cook noodles, this stovetop lasagna makes a fresh, fast entree. Bonus: Cleanup's super speedy.

—**MEGHAN CRIHFIELD** RIPLEY, WV

START TO FINISH: 30 MIN. • **MAKES:** 8 SERVINGS

- **1 lb. ground beef**
- **1 can (14½ oz.) diced tomatoes, undrained**
- **2 large eggs, lightly beaten**
- **1½ cups ricotta cheese**
- **4 cups marinara sauce**
- **1 pkg. (9 oz.) no-cook lasagna noodles**
- **1 cup shredded part-skim mozzarella cheese, optional**

1. In a skillet, cook beef over medium heat until no longer pink, breaking into crumbles; drain. Transfer to a bowl; stir in tomatoes. In another bowl, whisk eggs and ricotta.

2. Return 1 cup meat mixture to skillet; spread evenly. Layer with 1 cup ricotta mixture, 1½ cups marinara and half of the noodles, breaking noodles to fit as necessary. Repeat layers. Top with remaining marinara sauce.

3. Bring to a boil. Reduce heat; simmer, covered, 15-17 minutes or until noodles are tender. Remove from heat. If desired, sprinkle with mozzarella cheese. Let stand 2 minutes or until melted.

PER SERVING *430 cal., 18 g fat (8 g sat. fat), 108 mg chol., 750 mg sodium, 41 g carb., 4 g fiber, 27 g pro.*



5 INGREDIENTS FAST FIX

Beefy Tortellini Skillet

From browning the beef to cooking the pasta to melting the cheese, everything happens in one pan. You can add basil or chives for a touch of freshness.
—JULI MEYERS HINESVILLE, GA

START TO FINISH: 20 MIN. • **MAKES:** 4 SERVINGS

- **1 lb. ground beef**
- **½ tsp. Montreal steak seasoning**
- **1 cup water**
- **1 tsp. beef bouillon granules**
- **1 pkg. (19 oz.) frozen cheese tortellini**
- **1 cup (4 oz.) shredded Italian cheese blend**

1. In a large skillet, cook beef over medium heat 5-6 minutes or until no longer pink, stirring to break into crumbles; drain.
2. Stir in steak seasoning. Add water and bouillon; bring to a boil. Stir in the tortellini; return to a boil. Reduce heat; simmer, covered, 3-4 minutes or until tortellini are tender.
3. Remove from heat; sprinkle with cheese. Let stand, covered, until cheese is melted.

PER SERVING *566 cal., 28 g fat (13 g sat. fat), 111 mg chol., 899 mg sodium, 37 g carb., 2 g fiber, 39 g pro.*

From our friends at **PAM®**

FAST FIX

Italian Chicken-Zucchini Skillet

Chicken and vegetables over orzo is an easy main dish.

START TO FINISH: 30 MIN. • **MAKES:** 4 SERVINGS

- **1 cup orzo pasta, uncooked**
- **PAM® Organic Canola Oil No-Stick Cooking Spray**
- **1 lb. boneless skinless chicken breasts, cut into bite-size pieces**
- **1 pkg. (16 oz.) frozen bell pepper and onion strips**
- **2 cups sliced zucchini**
- **1 can (14½ oz.) Hunt's® Diced Tomatoes with Basil, Garlic and Oregano, drained**
- **1 can (8 oz.) Hunt's® Tomato Sauce with Basil, Garlic and Oregano**
- **¼ cup shredded Parmesan cheese**

Cook pasta according to package directions, omitting salt. Spray large nonstick skillet with PAM® cooking spray; cook chicken 6 minutes over medium heat or until no longer pink. Add vegetables and tomato sauce; increase heat, cover and bring to a boil. Reduce heat to medium; cook 10 minutes or until zucchini is tender. Serve chicken mixture over orzo. Sprinkle with cheese.

PER SERVING *350 cal., 6 g fat (2 g sat. fat), 76 mg chol., 647 mg sodium, 37 g carb., 5 g fiber, 35 g pro.* ■

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Quick Chicken & Broccoli Stir-Fry
Kristin Rimkus
Snohomish, WA

EAT SMART FAST FIX

Quick Chicken & Broccoli Stir-Fry

This Asian stir-fry is a best bet at our place. The spicy sauce works with chicken, seafood, pork or beef. Add whatever veggies you have on hand.
—KRISTIN RIMKUS SNOHOMISH, WA

START TO FINISH: 25 MIN.
MAKES: 4 SERVINGS

- **2 Tbsp. rice vinegar**
- **2 Tbsp. mirin (sweet rice wine)**
- **2 Tbsp. chili garlic sauce**
- **1 Tbsp. cornstarch**
- **1 Tbsp. reduced-sodium soy sauce**
- **2 tsp. fish sauce or additional soy sauce**
- **½ cup reduced-sodium chicken broth, divided**
- **2 cups instant brown rice**
- **2 tsp. sesame oil**
- **4 cups fresh broccoli florets**
- **2 cups cubed cooked chicken**
- **2 green onions, sliced**

1. In a small bowl, mix the first six ingredients and ¼ cup chicken broth until smooth. Cook rice according to package directions.

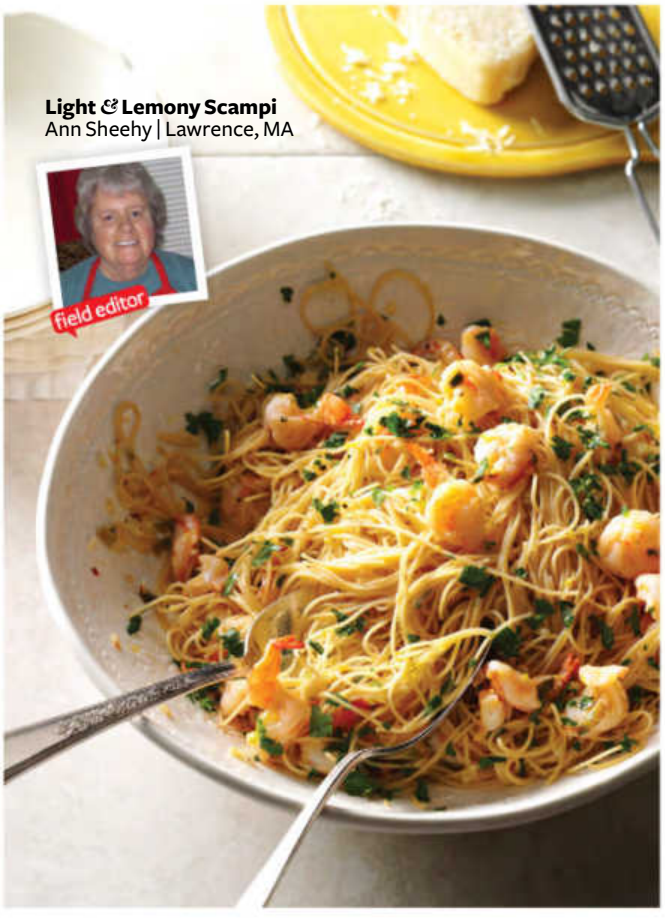
2. Meanwhile, in a large skillet, heat sesame oil over medium-high heat. Add broccoli florets; stir-fry for 2 minutes. Add remaining broth; cook 1-2 minutes longer or until broccoli is crisp-tender. Stir sauce mixture and add to pan. Bring to a boil; cook and stir 1-2 minutes or until sauce is thickened.

3. Stir in chicken and green onions; heat through. Serve with rice.

PER SERVING *387 cal., 9 g fat (2 g sat. fat), 62 mg chol., 765 mg sodium, 45 g carb., 4 g fiber, 28 g pro.*
Diabetic Exchanges: *3 lean meat, 2½ starch, 1 vegetable, ½ fat.*



Orange-Wild Rice Salad with Smoked Turkey
Sharon Tipton
Casselberry, FL



Light & Lemony Scampi
Ann Sheehy | Lawrence, MA

EAT SMART

Orange-Wild Rice Salad with Smoked Turkey

For picnics and potlucks, we make a salad of smoked turkey, wild rice and dried cherries. The citrus dressing is refreshing and light.

—SHARON TIPTON CASSELBERRY, FL

PREP: 5 MIN. + COOLING • **COOK:** 30 MIN.
MAKES: 4 SERVINGS

- **2 pkg. (2¾ oz. each) quick-cooking wild rice**
- **½ lb. deli smoked turkey, cubed**
- **1 cup orange sections**
- **1 celery rib, chopped**
- **⅓ cup dried cherries**

DRESSING

- **6 Tbsp. orange juice**
- **2 Tbsp. lemon juice**
- **1 Tbsp. Dijon mustard**
- **1½ tsp. olive oil**
- **¼ tsp. salt**
- **¼ tsp. freshly ground pepper**

1. Cook wild rice according to package directions. Transfer to a large bowl; cool completely.
2. Add turkey, oranges, celery and cherries to cooled rice. In a small bowl, whisk dressing ingredients. Pour over salad; toss to coat. Refrigerate, covered, until cold.

PER SERVING *303 cal., 3 g fat (trace sat. fat), 20 mg chol., 678 mg sodium, 50 g carb., 4 g fiber, 19 g pro.*

EAT SMART

Light & Lemony Scampi

A light hand with oil trims calories from this lively shrimp recipe. Sprinkle on Parmesan for a little indulgence.

—ANN SHEEHY LAWRENCE, MA field editor

PREP: 20 MIN. • **COOK:** 15 MIN.
MAKES: 4 SERVINGS

- **1 lb. uncooked shrimp (26-30 per lb.)**
- **8 oz. uncooked multigrain angel hair pasta**
- **1 Tbsp. butter**
- **1 Tbsp. olive oil**
- **2 green onions, thinly sliced**
- **4 garlic cloves, minced**
- **½ cup reduced-sodium chicken broth**
- **2 tsp. grated lemon peel**
- **3 Tbsp. lemon juice**
- **½ tsp. freshly ground pepper**
- **¼ tsp. salt**
- **¼ tsp. crushed red pepper flakes**
- **¼ cup minced fresh parsley**
- **Grated Parmesan cheese, optional**

1. Peel and devein shrimp, removing tails. Cut each shrimp lengthwise in half. Cook pasta according to package directions.
2. In a large nonstick skillet, heat butter and oil over medium-high heat. Add shrimp, green onions and garlic; cook and stir 2-3 minutes or until shrimp turn pink. Remove from pan with a slotted spoon.
3. Add broth, lemon peel, lemon juice, pepper, salt and pepper flakes to pan. Bring to a boil; cook until liquid is slightly reduced, about 1 minute. Return shrimp to pan; heat through.
4. Drain pasta; divide among four bowls. Top with shrimp mixture; sprinkle with parsley. If desired, serve with Parmesan cheese.

PER SERVING *378 cal., 10 g fat (3 g sat. fat), 146 mg chol., 405 mg sodium, 42 g carb., 5 g fiber, 29 g pro.*
Diabetic Exchanges: *3 very lean meat, 2½ starch, 1½ fat.*

Continued on page 29 ►

FIND IT! Sur La Table Italian White Lace Serve Bowl (*above, right*) *$50* **surlatable.com**

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EAT SMART

Mushroom Bolognese with Whole Wheat Pasta

A traditional Bolognese uses meat—anything from ground beef to pancetta. I skipped the meat and loaded this pasta dish with baby portobello mushrooms.

—AMBER MASSEY ARGYLE, TX

field editor

PREP: 10 MIN. • **COOK:** 35 MIN.
MAKES: 6 SERVINGS

- **1 Tbsp. olive oil**
- **1 large sweet onion, finely chopped**
- **2 medium carrots, finely chopped**
- **1 large zucchini, finely chopped**
- **½ lb. baby portobello mushrooms, finely chopped**
- **3 garlic cloves, minced**
- **½ cup dry red wine or reduced-sodium chicken broth**
- **1 can (28 oz.) crushed tomatoes, undrained**
- **1 can (14½ oz.) diced tomatoes, undrained**
- **½ cup grated Parmesan cheese**
- **½ tsp. dried oregano**
- **½ tsp. pepper**
- **⅛ tsp. crushed red pepper flakes**
- **Dash ground nutmeg**
- **4½ cups uncooked whole wheat rigatoni**

1. In a 6-qt. stockpot coated with cooking spray, heat oil over medium-high heat. Add onion and carrots; cook and stir until tender. Add zucchini, mushrooms and garlic; cook and stir until tender. Stir in wine; bring to a boil; cook until liquid is almost evaporated.

2. Stir in crushed and diced tomatoes, cheese and seasonings; bring to a boil. Reduce heat; simmer, covered, 25-30 minutes or until slightly thickened.

3. Cook rigatoni according to package directions; drain. Serve hot pasta with sauce.

PER SERVING *369 cal., 6 g fat (2 g sat. fat), 6 mg chol., 483 mg sodium, 65 g carb., 12 g fiber, 17 g pro.*

Continued on page 31 ►



Mushroom Bolognese with Whole Wheat Pasta
Amber Massey | Argyle, TX

HONEY OF A RECIPE FOR FALL

Mouthwatering Honey Chicken Wings are perfect for football gatherings or anytime you need a simple, tasty snack or appetizer this fall.



HONEY CHICKEN WINGS

½ C	honey
⅓ C	soy sauce
¼ C	chili sauce
1 tsp	garlic salt
¼ tsp	ground black pepper
8 drops	red pepper sauce
3 lbs.	chicken wings or drumettes

Combine honey, soy sauce, chili sauce, garlic salt, pepper and red pepper sauce. Arrange chicken in a 9x13-inch baking pan and coat thoroughly with sauce. Bake at 350°F for one hour, turning over once. Cool slightly and serve.

Visit **honey.com** for more exciting recipes.



Pina Colada Ribeye
Bone-in Pork Chops

Bacon BBQ
New York Pork Chops

Basil-Garlic
Porterhouse Pork Chops

pork
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Skillet Pork Chops with Apples & Onion
Tracey Karst
Ponderay, ID

EAT SMART FAST FIX

Skillet Pork Chops with Apples & Onion

Simple recipes that land on the table fast are lifesavers. I serve skillet pork chops with veggies and—when my husband lobbies—corn bread stuffing.
—TRACEY KARST PONDERAY, ID

START TO FINISH: 20 MIN.
MAKES: 4 SERVINGS

- **4 boneless pork loin chops (6 oz. each)**
- **3 medium apples, cut into wedges**
- **1 large onion, cut into thin wedges**
- **¼ cup water**
- **⅓ cup balsamic vinaigrette**
- **½ tsp. salt**
- **¼ tsp. pepper**

1. Place a large nonstick skillet over medium heat; cook pork chops on both sides, about 4 minutes or until golden brown. Remove from the pan.

2. In the same skillet, combine apple wedges, onion and water. Place pork chops over the apple-onion mixture; drizzle chops with balsamic vinaigrette. Sprinkle with salt and pepper. Reduce heat; simmer, covered, for 3-5 minutes or until a thermometer inserted in the thickest portion of the chops registers 145°.

PER SERVING *360 cal., 15 g fat (4 g sat. fat), 82 mg chol., 545 mg sodium, 22 g carb., 3 g fiber, 33 g pro.*
Diabetic Exchanges: *5 lean meat, 1 fruit, 1 fat.* ■

FIND IT! Libastyle Seletti Dinner Plate *$22* **libastyle.com**

It's time to get crashing

FLAVOR IT
Try different rubs, glazes and marinades

GRILL IT
Grill to an internal temperature between 145°F (medium rare) and 160°F (medium), with a 3-minute rest

ENJOY IT
A grill out is even better with friends – so invite the crew



Find the recipe collection at PorkBeInspired.com/GrillCrashers

pork Be inspired

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NATIONAL WOMEN'S HEALTH AND FITNESS DAY
SEPT. 24

Power Lunch

This bold salad packs **132 mg of magnesium per serving**—almost a third of your daily requirement. **It's a boon for bone health.**

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EAT SMART Ginger-Cashew Chicken Salad

I'm always sharing this zingy, crunchy chicken salad with friends.

—SHELLY GRAMER LONG BEACH, CA

PREP: 20 MIN. + MARINATING
BROIL: 10 MIN. • **MAKES:** 8 SERVINGS

- ½ cup cider vinegar
- ½ cup molasses
- ⅓ cup canola oil
- 2 Tbsp. minced fresh gingerroot
- 2 tsp. reduced-sodium soy sauce
- 1 tsp. salt
- ⅛ tsp. cayenne pepper
- 4 boneless skinless chicken breast halves (6 oz. each)
- 8 oz. fresh baby spinach (about 10 cups)
- 1 can (11 oz.) mandarin oranges, drained
- 1 cup shredded red cabbage
- 2 medium carrots, shredded
- 3 green onions, thinly sliced
- 2 cups chow mein noodles
- ¾ cup salted cashews, toasted
- 2 Tbsp. sesame seeds, toasted

1. In a small bowl, whisk the first seven ingredients. Pour ¾ cup marinade into a large resealable plastic bag. Add chicken; seal bag and turn to coat. Refrigerate at least 3 hours. Cover and refrigerate remaining marinade.

2. Preheat broiler. In a bowl, mix spinach, oranges, cabbage, carrots and green onions. Drain chicken, discarding marinade in bag. Place chicken on a 15x10x1-in. baking pan. Broil 4-6 in. from heat 4-6 minutes on each side or until a thermometer reads 165°. Cut chicken into strips.

3. Add chicken, chow mein noodles, cashews and sesame seeds to spinach mixture. Stir reserved marinade; drizzle over salad and toss to coat. Serve immediately.

TO TOAST NUTS *Bake at 350° for 5-10 minutes or cook in a skillet over low heat until lightly browned.*

PER SERVING *379 cal., 18 g fat (3 g sat. fat), 47 mg chol., 533 mg sodium, 33 g carb., 3 g fiber, 23 g pro.*

Diabetic Exchanges: *2½ fat, 2 lean meat, 1½ starch, 1 vegetable.*

FOUND IN SPINACH, CASHEWS AND MORE, MAGNIFICENT MAGNESIUM KEEPS YOUR BODY WORKING IN TOP FORM.

Magnesium-rich foods help your body **absorb calcium,** lowering the risk for osteoporosis.

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Use only on water-washable upholstery. Remove excess stains before treating. Do not apply solution directly on stain. Apply with clean white towel and use towel to blot out stain. Repeat until stain is not visible. Then, dampen a clean white towel with water and blot area to rinse.



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Dissolve **OxiClean™ Versatile Stain Remover** powder with warm water and soak item for 1-6 hours for superior stain removal!

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Refer to product label for specific directions.
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Ciao, Carbonara

Invite an **Italian indulgence** over to the lighter side.

RICH WITH CREAM, BUTTER, BACON AND CHEESE, pasta alla carbonara looks way better on your fork than it does by the numbers. But do what Mary Jo Miller of Mansfield, Ohio, does: Use fat-free evaporated milk and a smidge less bacon. You get pasta that makes you happy from tines to toes.

MAKEOVER	TYPICAL
352 Calories	600 Calories
7g Fat	40g Fat
3g Saturated Fat	20g Saturated Fat
349mg Sodium	750mg Sodium



Crack one open: An egg gives this pasta dish its signature smooth sauce.

EAT SMART FAST FIX

Light Linguine Carbonara

We're a busy family. When we need to rush off in the evening, I toss together this pasta and serve it with a side salad for a quick, light dinner.

—MARY JO MILLER MANSFIELD, OH

START TO FINISH: 25 MIN.
MAKES: 4 SERVINGS

- **8 oz. uncooked linguine**
- **½ cup frozen peas**
- **1 large egg**
- **1 cup fat-free evaporated milk**
- **¼ cup finely chopped sweet red pepper**
- **⅛ tsp. crushed red pepper flakes**
- **⅛ tsp. pepper**
- **½ cup grated Parmesan cheese, divided**
- **2 bacon strips, cooked and crumbled**

1. In a Dutch oven, cook linguine according to package directions, adding peas during the last 2 minutes of cooking.

2. Meanwhile, in a small saucepan, whisk egg, milk, red pepper, pepper flakes and pepper; cook and stir over medium-low heat until mixture is just thick enough to coat a spoon and a thermometer reads at least 160° (do not boil). Remove from heat; stir in ¼ cup cheese and the bacon.

3. Drain linguine and peas; return to Dutch oven. Add sauce; toss to coat. Serve with remaining cheese.

PER SERVING *352 cal., 7 g fat (3 g sat. fat), 66 mg chol., 349 mg sodium, 52 g carb., 3 g fiber, 20 g pro.* ■



FIBROMYALGIA pain used to drain my energy.

Now with LYRICA® (pregabalin), I have less pain so



I can do more with the ones I love.

For some patients, LYRICA significantly relieves the chronic, widespread pain of Fibromyalgia and improves physical function*.

*individual results may vary

Fibromyalgia is thought to be the result of overactive nerves.



LYRICA is believed to calm these nerves.

Artist depiction

Ask your doctor about LYRICA and visit www.LYRICA.com or call 1-888-5-LYRICA

Prescription LYRICA is not for everyone. Tell your doctor right away about any serious allergic reaction that causes swelling of the face, mouth, lips, gums, tongue, throat, or neck or any trouble breathing, rash, hives or blisters. LYRICA may cause suicidal thoughts or actions in a very small number of people. Patients, family members or caregivers should call the doctor right away if they notice suicidal thoughts or actions, thoughts of self harm, or any unusual changes in mood or behavior. These changes may include new or worsening depression, anxiety, restlessness, trouble sleeping, panic attacks, anger, irritability, agitation, aggression, dangerous impulses or violence, or extreme increases in activity or talking. If you have suicidal thoughts or actions, do not stop LYRICA without first talking to your doctor. LYRICA may cause swelling of your hands, legs and feet. Some of the most common side effects of LYRICA are dizziness and sleepiness. Do not drive or work with machines until you know how LYRICA affects you. Other common side effects are blurry vision, weight gain, trouble concentrating, dry mouth, and feeling "high." Also, tell your doctor right away about muscle pain along with feeling sick and feverish, or any changes in your eyesight including blurry vision or any skin sores if you have diabetes. You may have a higher chance of swelling, hives or gaining weight if you are also taking certain diabetes or high blood pressure medicines. Do not drink alcohol while taking LYRICA. You may have more dizziness and sleepiness if you take LYRICA with alcohol, narcotic pain medicines, or medicines for anxiety. If you have had a drug or alcohol problem, you may be more likely to misuse LYRICA. Tell your doctor if you are planning to father a child. Talk with your doctor before you stop taking LYRICA or any other prescription medication.

Please see Important Risk Information for LYRICA on the following page.

You are encouraged to report negative side effects of prescription drugs to the FDA.

Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

MOVE FORWARD WITH LESS FIBROMYALGIA PAIN

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IMPORTANT FACTS

LYRICA® PREGABALIN © capsules

(**LEER**-i-kah)

IMPORTANT SAFETY INFORMATION ABOUT LYRICA

LYRICA may cause serious, even life threatening, allergic reactions.
Stop taking LYRICA and call your doctor right away if you have any signs of a serious allergic reaction:
- Swelling of your face, mouth, lips, gums, tongue, throat or neck
- Have any trouble breathing
- Rash, hives (raised bumps) or blisters

Like other antiepileptic drugs, LYRICA may cause suicidal thoughts or actions in a very small number of people, about 1 in 500.
Call your doctor right away if you have any symptoms, especially if they are new, worse or worry you, including:
- suicidal thoughts or actions
- new or worse depression
- new or worse anxiety
- feeling agitated or restless
- panic attacks
- trouble sleeping
- new or worse irritability
- acting aggressive, being angry, or violent
- acting on dangerous impulses
- an extreme increase in activity and talking
- other unusual changes in behavior or mood

If you have suicidal thoughts or actions, do not stop LYRICA without first talking to your doctor.

LYRICA may cause swelling of your hands, legs and feet.
This swelling can be a serious problem with people with heart problems.

LYRICA may cause dizziness or sleepiness.
Do not drive a car, work with machines, or do other dangerous things until you know how LYRICA affects you. Ask your doctor when it is okay to do these things.

ABOUT LYRICA

LYRICA is a prescription medicine used in adults 18 years and older to treat:
- Pain from damaged nerves that happens with diabetes or that follows healing of shingles, or spinal cord injury
- Partial seizures when taken together with other seizure medicines
- Fibromyalgia (pain all over your body)

Who should NOT take LYRICA:
- Anyone who is allergic to anything in LYRICA

BEFORE STARTING LYRICA

Tell your doctor about all your medical conditions, including if you:
- Have had depression, mood problems or suicidal thoughts or behavior
- Have or had kidney problems or dialysis
- Have heart problems, including heart failure
- Have a bleeding problem or a low blood platelet count
- Have abused prescription medicines, street drugs or alcohol in the past
- Have ever had swelling of your face, mouth, tongue, lips, gums, neck, or throat (angioedema)
- Plan to father a child. It is not known if problems seen in animal studies can happen in humans.
- Are pregnant, plan to become pregnant or are breastfeeding. It is not known if LYRICA will harm your unborn baby. You and your doctor should decide whether you should take LYRICA or breast-feed, but you should not do both.

Tell your doctor about all your medicines. Include over-the-counter medicines, vitamins, and herbal supplements. LYRICA and other medicines may affect each other causing side effects. Especially tell your doctor if you take:

BEFORE STARTING LYRICA, continued

- Angiotensin converting enzyme (ACE) inhibitors. You may have a higher chance for swelling and hives.
- Avandia® (rosiglitazone)*, Avandamet® (rosiglitazone and metformin)* or Actos® (pioglitazone)** for diabetes. You may have a higher chance of weight gain or swelling of your hands or feet.
- Narcotic pain medicines (such as oxycodone), tranquilizers or medicines for anxiety (such as lorazepam). You may have a higher chance for dizziness and sleepiness.
- Any medicines that make you sleepy.

POSSIBLE SIDE EFFECTS OF LYRICA

LYRICA may cause serious side effects, including:
- See "Important Safety Information About LYRICA."
- Muscle problems, pain, soreness or weakness along with feeling sick and fever
- Eyesight problems including blurry vision
- Weight gain. Weight gain may affect control of diabetes and can be serious for people with heart problems.
- Feeling "high"

If you have any of these symptoms, tell your doctor right away.

The most common side effects of LYRICA are:
- Dizziness
- Blurry vision
- Weight gain
- Sleepiness
- Trouble concentrating
- Swelling of hands and feet
- Dry mouth

If you have diabetes, you should pay extra attention to your skin while taking LYRICA.

HOW TO TAKE LYRICA

Do:
- Take LYRICA exactly as your doctor tells you. Your doctor will tell you how much to take and when to take it. Take LYRICA at the same times each day.
- Take LYRICA with or without food.

Don't:
- Drive a car or use machines if you feel dizzy or sleepy while taking LYRICA.
- Drink alcohol or use other medicines that make you sleepy while taking LYRICA.
- Change the dose or stop LYRICA suddenly. If you stop taking LYRICA suddenly, you may have headaches, nausea, diarrhea, trouble sleeping, increased sweating, or you may feel anxious. If you have epilepsy, you may have seizures more often.
- Start any new medicines without first talking to your doctor.

NEED MORE INFORMATION?

- Ask your doctor or pharmacist. This is only a brief summary of important information.
- Go to **www.lyrica.com** or call **1-866-459-7422 (1-866-4LYRICA).**

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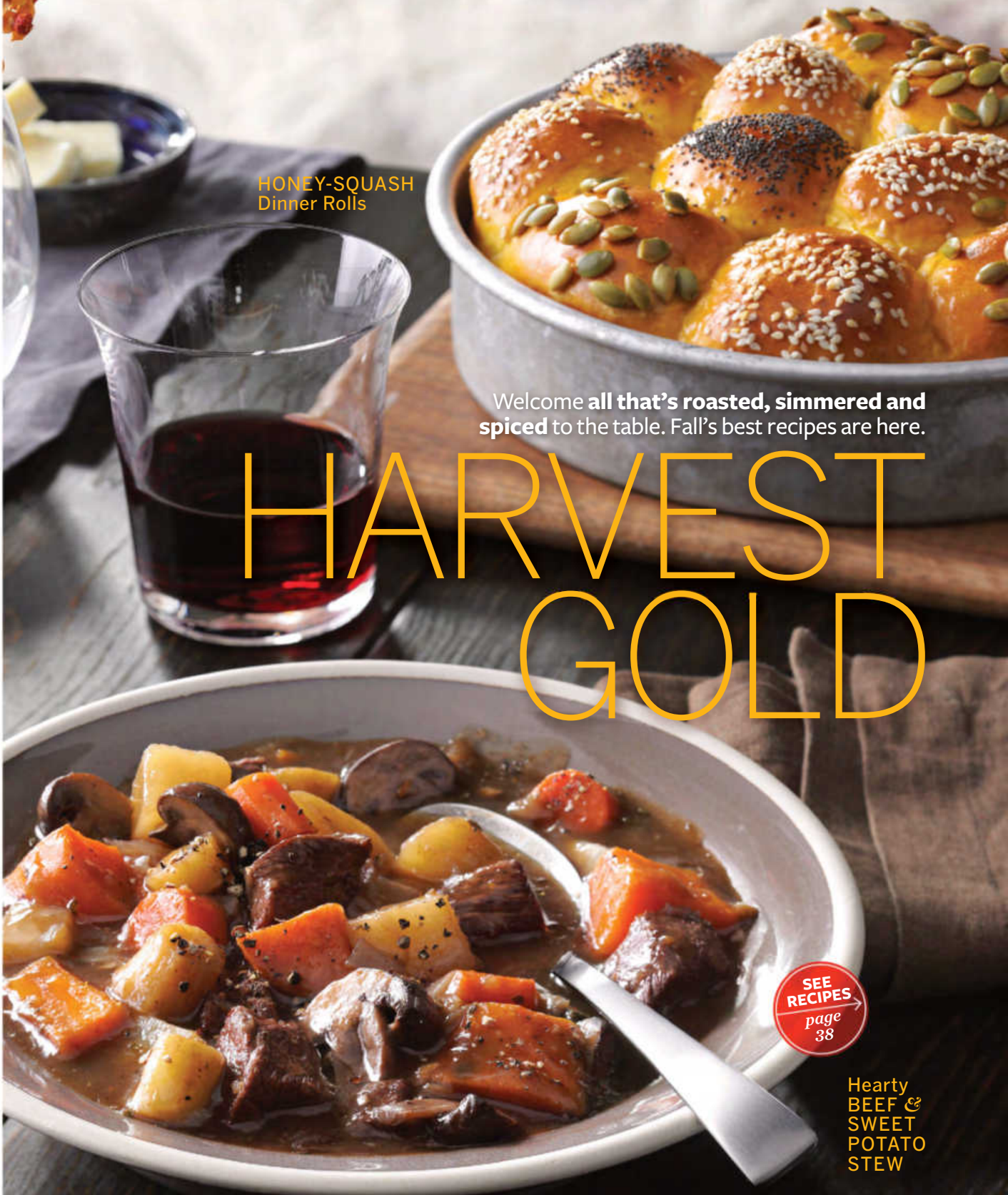
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Rx only

Celebrate

Make-and-take tailgate snacks *PAGE 45*
Your easiest cheesiest appetizers *PAGE 50*
Cranberry season in your kitchen *PAGE 52*



HONEY-SQUASH
Dinner Rolls

Welcome **all that's roasted, simmered and spiced** to the table. Fall's best recipes are here.

HARVEST GOLD

SEE RECIPES page 38

Hearty BEEF & SWEET POTATO STEW

EAT SMART

Hearty Beef & Sweet Potato Stew

SEE PHOTO page 37



I have fond memories of growing up in an Italian/Irish family and learning to cook from all my grandparents.

—RENÉE GREENE MURPHY
SMITHTOWN, NY

PREP: 40 MIN. • **BAKE:** 2 HOURS
MAKES: 8 SERVINGS (2½ QT.)

- **3 Tbsp. canola oil, divided**
- **1½ lbs. boneless beef chuck steak, cut into 1-in. pieces**
- **2 medium onions, chopped**
- **2 garlic cloves, minced**
- **2 cans (14½ oz. each) reduced-sodium beef broth**
- **⅓ cup dry red wine or beef broth**
- **1 Tbsp. minced fresh thyme or 1 tsp. dried thyme**
- **1 Tbsp. Worcestershire sauce**
- **1 tsp. salt**
- **¾ tsp. pepper**
- **3 Tbsp. cornstarch**
- **3 Tbsp. cold water**
- **1¼ lbs. sweet potatoes, cubed**
- **1 lb. baby portobello mushrooms, halved**
- **4 carrots, cut into ½-in. slices**
- **2 parsnips, cut into ½-in. slices**
- **1 turnip, cut into ¾-in. cubes**

1. Preheat oven to 325°. In an ovenproof Dutch oven, heat 2 Tbsp. oil over medium-high heat. Brown beef in batches; remove.
2. Add remaining oil to pan. Add onions; cook and stir 2-3 minutes or until tender. Add garlic; cook 1 minute. Add broth and wine, stirring to remove browned bits from pan. Stir in thyme, Worcestershire sauce, salt and pepper. Return beef to pan; bring to a boil. Bake, covered, 1¼ hours.
3. In a bowl, mix the cornstarch and water until smooth; gradually stir into stew. Add potatoes and vegetables. Bake, covered, 45-60 minutes or until beef and vegetables are tender. If desired, strain cooking juices; skim fat. Return juices to Dutch oven.

PER SERVING *354 cal., 14 g fat (4 g sat. fat), 57 mg chol., 586 mg sodium, 36 g carb., 6 g fiber, 22 g pro.*
Diabetic Exchanges: *3 lean meat, 3 vegetable, 1 starch, 1 fat.*

EAT SMART

Honey-Squash Dinner Rolls



These puffy dinner rolls take on rich color when you add squash to the dough. Any squash variety works, and I've even used mashed cooked carrots.

—MARCIA WHITNEY GAINESVILLE, FL

PREP: 40 MIN. + RISING • **BAKE:** 20 MIN.
MAKES: 2 DOZEN

- **2 pkg. (¼ oz. each) active dry yeast**
- **2 tsp. salt**
- **¼ tsp. ground nutmeg**
- **6 to 6½ cups all-purpose flour**
- **1¼ cups 2% milk**
- **½ cup butter, cubed**
- **½ cup honey**
- **1 pkg. (12 oz.) frozen mashed cooked winter squash, thawed (about 1⅓ cups)**
- **1 large egg, lightly beaten**
- **Poppy seeds, salted pumpkin seeds or pepitas**

1. In a bowl, mix yeast, salt, nutmeg and 3 cups flour. In a saucepan, heat milk, butter and honey to 120°-130°. Add to the dry ingredients; beat on medium speed 2 minutes. Add squash; beat on high 2 minutes. Stir in enough remaining flour to form a soft dough.
2. Turn dough onto a floured surface; knead until smooth, about 8 minutes. Place in a greased bowl, turning once to grease the top. Cover with plastic wrap and let rise in a warm place until doubled, about 1 hour.
3. Punch down dough. Turn onto a lightly floured surface; divide and shape into 24 balls. Divide between two greased 9-in. round baking pans.
4. Cover with kitchen towels; let rise in a warm place until doubled, about 45 minutes. Preheat oven to 375°.
5. Brush roll tops with beaten egg; sprinkle with seeds. Bake 20 minutes or until golden brown. Cover loosely with foil during the last 5-7 minutes if needed to prevent overbrowning. Remove from pans to wire racks.

PER ROLL *186 cal., 5 g fat (3 g sat. fat), 19 mg chol., 238 mg sodium, 32 g carb., 1 g fiber, 4 g pro.*
Diabetic Exchanges: *2 starch, 1 fat.*

FALL IS FOR *FUN*

FIELD EDITORS TELL WHY THEY LIVE FOR THIS TIME OF YEAR.

Fall in Michigan is the best. Besides the apple harvest and all the caramel apples, fresh cider and doughnuts, we love Brighton's Smokin' Jazz and Barbecue Blues Festival (brightonsmokinjazz.com)—an annual event in my hometown. Take your dinner of ribs, coleslaw, beans, corn bread and peach cobbler by the pond and listen to local bands. **—JENNIFER GILBERT** BRIGHTON, MI

The hills of Kentucky are beautiful. There's lots to do outside, from hiking to taking scenic drives and, of course, Ole Cider Days in Utica (trunnellsfarmmarket.com/events), with all kinds of apple products and demonstrations of antique presses used to make apple butter. **—JULIE STERCHI** CAMPBELLSVILLE, KY

September afternoons in New Mexico are filled with the unique aroma of green chiles roasting. You can have your chiles roasted where you buy them, but we always roast our own on the backyard grill. It's a two-day event that we look forward to all year, topped off with green chile cheeseburgers. **—RD STENDEL-FREELS** ALBUQUERQUE, NM

We never miss the Harvest Festival at Shelburne Farms in Shelburne, Vermont (shelburnefarms.org/harvestfestival). My children love the johnnycake station. Kids grind their own cornmeal using a rock against a stump. The cornmeal is mixed with honey and water, cooked on an outdoor griddle and served with maple syrup! **—NANCY MOCK** COLCHESTER, VT



EAT SMART FAST FIX

Easy Homemade Chunky Applesauce

My family knows I love them when they smell this applesauce cooking, because I've made them a favorite from scratch. It's awesome warm or cold.

—**MARILEE CARDINAL** BURLINGTON, NJ

START TO FINISH: 30 MIN.
MAKES: 5 CUPS

- **7 medium McIntosh, Empire or other apples (about 3 lbs.)**
- **½ cup sugar**
- **½ cup water**
- **1 Tbsp. lemon juice**
- **¼ tsp. almond or vanilla extract**

1. Peel, core and cut each apple into eight wedges. Cut each wedge crosswise in half; place in a large saucepan. Add sugar, water, lemon juice and extract.

2. Bring to a boil. Reduce heat; simmer, covered, 15-20 minutes or until mixture reaches desired consistency, stirring occasionally.

PER (¾-CUP) SERVING *139 cal., trace fat (trace sat. fat), 0 chol., trace sodium, 36 g carb., 2 g fiber, trace pro.*

Loaded Twice-Baked Potato Casserole



My husband is a meat-and-potatoes guy, and this twice-baked potato dish with crispy potato skins on top is his favorite.

—**CYNDY GERKEN** NAPLES, FL field editor

PREP: 1½ HOURS • **BAKE:** 30 MIN.
MAKES: 8 SERVINGS

- **4 large baking potatoes (about 3¼ lbs.)**
- **1 Tbsp. olive oil**
- **¾ tsp. salt, divided**
- **¾ tsp. pepper, divided**
- **¼ cup butter, cubed**
- **⅔ cup heavy whipping cream**
- **¼ cup sour cream**
- **2 cups (8 oz.) shredded cheddar cheese, divided**
- **6 bacon strips, cooked and crumbled, divided**
- **2 green onions, sliced, divided**
- **Additional sour cream, optional**

1. Preheat oven to 375°. Scrub potatoes; pierce several times with a fork. Brush with oil; sprinkle with ½ tsp. salt and ¼ tsp. pepper. Place in a foil-lined 15x10x1-in. baking pan; bake 1 to 1¼ hours or until tender. Cool slightly.

2. In a small saucepan, melt butter over medium heat. Whisk in the whipping cream and ¼ cup sour cream. Add 1½ cups cheese; stir until melted. Remove from heat; cover to keep warm.

3. When potatoes are cool enough to handle, cut each potato lengthwise in half. Scoop out pulp and place in a large bowl. Cut two potato skin shells into 1-in. pieces; discard remaining potato skins.

4. Mash pulp with the remaining salt and pepper. Stir in the cheese mixture, half of the bacon and 2 Tbsp. green onion. Transfer to a greased 1½-qt. baking dish. Top with the cut-up potato skins. Sprinkle with remaining cheese and bacon.

5. Bake 30-35 minutes or until heated through and lightly browned. Sprinkle with remaining green onion. Serve with additional sour cream if desired.

PER SERVING *367 cal., 27 g fat (16 g sat. fat), 84 mg chol., 458 mg sodium, 20 g carb., 2 g fiber, 12 g pro.*

FIND IT! Emile Henry Individual Salad Bowl in Charcoal *$17* **emilehenryusa.com**

"I always have a head of cabbage in the vegetable drawer. I cook for my husband, mom and myself, and cabbage is one of 'our' vegetables!" **—Ann Sheehy**



Roasted Cabbage & Onions



I roast veggies to bring out their sweetness, and it works wonders on cabbage and onions. A vinegar-mustard dressing makes this dish similar to slaw—fresh and crisp with a little twang.

—ANN SHEEHY LAWRENCE, MA

field editor

PREP: 10 MIN.
COOK: 30 MIN. + STANDING
MAKES: 6 SERVINGS

- **1 medium head cabbage (about 2 lbs.), coarsely chopped**
- **2 large onions, chopped**
- **¼ cup olive oil**
- **¾ tsp. salt**
- **¾ tsp. pepper**
- **3 Tbsp. minced fresh chives**
- **3 Tbsp. minced fresh tarragon**

DRESSING

- **2 Tbsp. white balsamic vinegar or white wine vinegar**
- **2 Tbsp. olive oil**
- **2 Tbsp. Dijon mustard**
- **1 Tbsp. lemon juice**
- **½ tsp. salt**
- **½ tsp. pepper**

1. Preheat oven to 450°. Place cabbage and onions in a large bowl. Drizzle with oil; sprinkle with salt and pepper and toss to coat. Transfer to a shallow roasting pan, spreading evenly. Roast 30-35 minutes or until vegetables are tender and lightly browned, stirring halfway.
2. Transfer cabbage mixture to a large bowl. Add chives and tarragon; toss to combine. In a small bowl, whisk dressing ingredients until blended. Drizzle over cabbage mixture; toss to coat. Let stand 10 minutes to allow flavors to blend. Serve warm or at room temperature.

PER SERVING *183 cal., 14 g fat (2 g sat. fat), 0 chol., 636 mg sodium, 15 g carb., 4 g fiber, 2 g pro.*

Continued on page 42 ►





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"My friends request this dish by name after they've tried it. No one believes how easy it is."

—Sara Eilers

EAT SMART 5 INGREDIENTS

Maple-Roasted Chicken & Acorn Squash

When I became a new mother, my mom helped me find comforting recipes to lean on. This one was a happy discovery.

—**SARA EILERS** SURPRISE, AZ

PREP: 15 MIN. • **BAKE:** 35 MIN.
MAKES: 6 SERVINGS

- **1 medium acorn squash**
- **4 medium carrots, chopped (about 2 cups)**
- **1 medium onion, cut into 1-in. pieces**
- **6 bone-in chicken thighs (about 2¼ lbs.)**
- **½ cup maple syrup**
- **1 tsp. salt**
- **½ tsp. coarsely ground pepper**

1. Preheat oven to 450°. Cut acorn squash lengthwise in half; remove and discard seeds. Cut each half crosswise into ½-in. slices; discard ends. Place squash, carrots and onion in a greased 13x9-in. baking pan; top with chicken, skin side down. Roast 10 minutes.
2. Turn chicken over; drizzle with maple syrup and sprinkle with salt and pepper. Roast 25-30 minutes longer or until a thermometer inserted in chicken reads 170°-175° and vegetables are tender.

PER SERVING *363 cal., 14 g fat (4 g sat. fat), 81 mg chol., 497 mg sodium, 36 g carb., 3 g fiber, 24 g pro.*
Diabetic Exchanges: *3 lean meat, 2 starch, 1 vegetable.*



FIND IT! Staub Ceramic Baking Dish *$50*
zwillingonline.com



Scrumptious Sweet Potato Pie

There are many good sweet potato pies out there, but mine doesn't call for milk. It does have a splash of whiskey and a hint of lemon. Blind baking the crust keeps it nice and crispy.

—SUZANNE SMITH MAUMEE, OH

PREP: 1 HOUR + CHILLING
BAKE: 40 MIN. + COOLING
MAKES: 8 SERVINGS

- **Pastry for single-crust pie (9 in.)**
- **1½ lbs. sweet potatoes (about 2 medium), peeled and cubed**
- **⅓ cup butter, softened**
- **⅔ cup sugar**
- **¼ tsp. ground cinnamon**
- **⅛ tsp. ground nutmeg**
- **⅛ tsp. baking powder**
- **2 large eggs, lightly beaten**
- **1 tsp. vanilla extract**
- **¼ tsp. lemon extract**
- **1 to 2 Tbsp. whiskey or apple juice**

FIND IT! Emile Henry Small Salad Bowl in Blue Flame *$25* **emilehenryusa.com**

1. On a lightly floured surface, roll pastry dough to a ⅛-in.-thick circle; transfer to a 9-in. pie plate. Trim pastry to ½ in. beyond rim of plate; flute edge. Refrigerate 30 minutes. Preheat oven to 425°.
2. Meanwhile, place sweet potatoes in a large saucepan; add water to cover. Bring to a boil. Reduce heat; cook, uncovered, 15-18 minutes or until tender. Drain well; return to pot. Mash potatoes until smooth.
3. Line unpricked pastry with a double thickness of foil. Fill with pie weights, dried beans or uncooked rice. Bake on a lower oven rack 15-20 minutes or until edges are light golden brown. Remove foil and weights; bake 3-6 minutes longer or until bottom is golden brown. Cool on a wire rack. Reduce oven setting to 350°.
4. In a bowl, beat butter, sugar, cinnamon, nutmeg and baking powder. Beat in eggs, sweet potatoes and extracts. Stir in whiskey.
5. Add filling to crust. Bake on a middle oven rack 40-45 minutes or until center is set. Cool on a wire rack; serve or refrigerate within 2 hours.

PASTRY FOR SINGLE-CRUST PIE (9 IN.)

Combine 1¼ cups all-purpose flour and ¼ tsp. salt; cut in ½ cup cold butter until crumbly. Gradually add 3-5 Tbsp. ice water, tossing with a fork until dough holds together when pressed. Wrap in plastic wrap and refrigerate 1 hour.

PER SERVING *413 cal., 21 g fat (13 g sat. fat), 97 mg chol., 248 mg sodium, 53 g carb., 3 g fiber, 5 g pro.* ■

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Ahead of the Game

Whip up game-day **appetizers that are ready to go as soon as you crack the cooler.** Readers give the rundown on their most scrumptious (and totally packable) potlucks.

Ham-Cheddar Cheese Ball

This savory spread studded with pecans is a year-round favorite at our house—it always gets rave reviews. Serve it with assorted crackers.
—MICHELE MOORE MOORESVILLE, IN

PREP: 15 MIN. + CHILLING • **MAKES:** 4 CUPS

- **½ lb. thinly sliced deli ham**
- **½ medium onion, cut into wedges**
- **2 cups (8 oz.) finely shredded cheddar cheese**
- **2 pkg. (8 oz. each) cream cheese, cubed**
- **1 cup chopped pecans**
- **1 slice Swiss cheese**
- **Assorted crackers**

1. Place ham and onion in a food processor; pulse until finely chopped. Add cheddar cheese; pulse until blended. Add cream cheese; process until smooth.

2. Shape cheese mixture into a football; press pecans into cheese mixture. Wrap in plastic wrap; refrigerate at least 1 hour. Cut Swiss cheese into strips; arrange over top for laces. Serve with crackers.

PER (2-TBSP.) SERVING *108 cal., 10 g fat (4 g sat. fat), 26 mg chol., 162 mg sodium, 1 g carb., trace fiber, 4 g pro.*





FAST FIX Pasta Salad in a Jar

If you're planning a picnic, you won't find anything more convenient than than this mix-up of fun pasta shapes, crisp veggies and delectable dressing. If you've got leftovers, dish it up in a pint jar and tuck into a lunchbox for an awesome grab-and-go lunch.

—PAT NEIHEISEL LEETONIA, OH

START TO FINISH: 30 MIN.
MAKES: 16 SERVINGS (1 CUP EACH)

- **8 oz. each uncooked bow tie, medium pasta shells and wagon wheel pasta**
- **2 cups Greek vinaigrette**
- **3 cups cherry tomatoes, halved**
- **1 medium red onion, finely chopped**
- **1 jar (12 oz.) marinated quartered artichoke hearts, drained and coarsely chopped**
- **1 jar (12 oz.) roasted sweet red peppers, drained and chopped**
- **1 cup chopped fresh basil**
- **1 cup grated Parmesan cheese**
- **1 pkg. (3½ oz.) sliced pepperoni**
- **1 can (2¼ oz.) sliced ripe olives, drained**

1. Cook pasta according to package directions for al dente. Drain; rinse with cold water and drain well. Transfer to a large bowl.

2. Add vinaigrette to pasta; toss to coat. Add tomatoes, onion, artichoke hearts, red peppers, basil, cheese, pepperoni and olives; toss to combine. If desired, transfer salad to covered jars. Refrigerate until serving.

PER SERVING *375 cal., 20 g fat (4 g sat. fat), 11 mg chol., 690 mg sodium, 37 g carb., 2 g fiber, 9 g pro.*

Honey Cinnamon Bars

My Aunt Ellie gave us the recipe for these wonderful bar cookies with cinnamon and walnuts. Drizzle with icing and serve with coffee.

—DIANE MYERS STAR, ID

PREP: 25 MIN. • **BAKE:** 10 MIN. + COOLING
MAKES: 3 DOZEN

- **1 cup sugar**
- **¾ cup canola oil**
- **¼ cup honey**
- **1 large egg**
- **2 cups all-purpose flour**
- **1 tsp. baking soda**
- **1 tsp. ground cinnamon**
- **¼ tsp. salt**
- **1 cup chopped walnuts, toasted**

GLAZE

- **1 cup confectioners' sugar**
- **2 Tbsp. mayonnaise**
- **1 tsp. vanilla extract**



FIND IT!
Confetti Deviled Egg Tray *$15* **zak.com**

1 to 2 Tbsp. water
Additional toasted chopped walnuts, optional

1. Preheat oven to 350°. In a large bowl, beat sugar, oil, honey and egg until well blended. In another bowl, whisk flour, baking soda, cinnamon and salt; gradually beat into sugar mixture. Stir in 1 cup walnuts.
2. Spread into a greased 15x10x1-in. baking pan. Bake 10-12 minutes or until golden brown (edges will puff up). Cool completely on a wire rack.
3. For glaze, in a small bowl, mix confectioners' sugar, mayonnaise, vanilla and water to reach desired consistency; spread over top. If desired, sprinkle with walnuts. Let stand until set. Cut into bars.
PER BAR *138 cal., 8 g fat (1 g sat. fat), 5 mg chol., 58 mg sodium, 17 g carb., trace fiber, 1 g pro.*

Buffalo Chicken Deviled Eggs



My daughter Sara loves spicy Buffalo chicken and deviled eggs, so I combined them for a super snack. These are best if you can make and chill them a day ahead so the flavors have a chance to mingle.
—ROBIN SPIRES TAMPA, FL

PREP: 25 MIN. + CHILLING
MAKES: 2 DOZEN

12 hard-cooked large eggs
½ cup crumbled blue cheese, divided
2 celery ribs, finely chopped
½ cup mayonnaise
¼ cup finely chopped cooked chicken breast
3 Tbsp. minced fresh parsley
1 Tbsp. Buffalo wing sauce or 1 tsp. hot pepper sauce
⅛ tsp. pepper
Additional Buffalo wing or hot pepper sauce, optional

1. Cut eggs lengthwise in half. Remove yolks, reserving whites. In a bowl, mash egg yolks and ¼ cup blue cheese. Stir in celery, mayonnaise, chicken, parsley, wing sauce and pepper.
2. Spoon mixture into egg whites. Refrigerate, covered, at least 1 hour before serving.
3. Sprinkle tops with remaining blue cheese and, if desired, drizzle with additional wing sauce.
PER EGG HALF *85 cal., 7 g fat (2 g sat. fat), 98 mg chol., 111 mg sodium, 1 g carb., trace fiber, 4 g pro.*



Sausage Bread Sandwiches



I make these when I have the time and freeze them so they're ready when needed—especially for one of our favorite things, tailgating at Kansas State football games.

—DONNA ROBERTS MANHATTAN, KS

PREP: 30 MIN. • **BAKE:** 20 MIN.
MAKES: 4 SANDWICH LOAVES (3 SERVINGS EACH)

- **1 pkg. (16 oz.) hot roll mix**
- **2 lbs. reduced-fat bulk pork sausage**
- **2 Tbsp. dried parsley flakes**
- **2 tsp. garlic powder**
- **1 tsp. onion powder**
- **½ tsp. dried oregano**
- **2 cups (8 oz.) shredded part-skim mozzarella cheese**
- **½ cup grated Parmesan cheese**
- **1 large egg**
- **1 Tbsp. water**

1. Preheat oven to 350°. Prepare hot roll mix dough according to package directions.

2. Meanwhile, in a large skillet, cook sausage over medium heat 8-10 minutes or until no longer pink, breaking into crumbles; drain. Stir in parsley, garlic powder, onion powder and oregano.

3. Divide dough into four portions. On a lightly floured surface, roll each into a 14x8-in. rectangle. Top each with 1¼ cups sausage mixture to within 1 in. of edges; sprinkle with ½ cup mozzarella cheese and 2 Tbsp. Parmesan cheese. Roll up jelly-roll style, starting with a long side; pinch seams and ends to seal.

4. Transfer to greased baking sheets, seam side down. In a bowl, whisk egg with water; brush over loaves. Bake 20-25 minutes or until golden brown and heated through. Cool 5 minutes before slicing.

PER SERVING *432 cal., 25 g fat (10 g sat. fat), 103 mg chol., 926 mg sodium, 27 g carb., 1 g fiber, 24 g pro.* ■



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Get Cheesy

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1 Cheesy Garlic Blooming Loaf

A round sourdough loaf sliced crisscross partway through, loaded with garlic butter, lots of cheese and chives. Bake until warm and melty. Then dive in!

—SOMMER BINGEN
OGDEN, UT

2 Armadillo Eggs

Stuff whole jalapenos with cream cheese, wrap in uncooked maple-flavored sausage to form egg shapes, then coat in Shake 'N Bake for Pork. Bake until golden brown. They're absolutely delicious.

—DEBORAH MILLER
BEECHGROVE, TN

3 Cheese Stick in a Blanket

I love taking refrigerated crescent dough and rolling it up with half a mozzarella cheese stick, then browning in the oven.

—MELISSA BEYER UTICA, NY
field editor

4 Baked Feta Appetizer

Place an 8-oz. block of feta cheese in a small baking dish and top with a few thin slices each of red bell pepper and garlic. Drizzle with olive oil and bake for 20-30 minutes at 400°. When you pull it out of the oven, top it with olives and chopped tomatoes. Serve with warm pita or toasted French bread slices.

—ANGIE RHOTEN
ALBUQUERQUE, NM

5 Shrimp Scampi Dip

Saute shrimp with garlic, butter and red pepper flakes; finish it off with white wine and lemon juice. Mix with mayo, sour cream, parsley, mozzarella and Parmesan cheese and put it all in a baking dish. Throw in a 350° oven for 10 to 15 minutes, and voila!

—ERIN FINNEGAN SOTO
OLD SAYBROOK, CT

6 Sweet & Spicy Cream Cheese Cups

I pipe cream cheese into mini phyllo cups and top with either hot red pepper jelly or chipotle peach jelly. So yummy. Plus, they're tiny so you can pop them in your mouth like candy!

—KIM ROHRICH AJAX, ON

7 Crab Rangoon Dip

Cream cheese, crab, Worcestershire sauce, lemon juice and spices, baked with sweet chili sauce on top. Serve the dip with homemade baked wonton chips.

—TELLY BRYANT
SURPRISE, AZ

8 Herb-Coated Goat Cheese

Goat cheese logs coated with finely chopped fresh basil, thyme, rosemary and flat-leaf parsley and drizzled with great olive oil. Serve on crostini or crackers. Unbelievable.

—FRANCES GIBBS
ONEONTA, AL

9 Pizza Fondue

Melt two packages of shredded mozzarella and a package of shredded cheddar with a jar of pizza sauce. Toast two loaves of frozen garlic bread till crispy, cut into bite-size pieces and dip into the cheesy pizza sauce. Perfect for a slow cooker and fun for kids to make and enjoy!

—STEPHANIE TUTTY
DUBAI, UAE

10 Hot Broccoli Dip

Saute ½ cup each finely chopped onion and celery in 2 Tbsp. butter until tender. Add a 1-lb. block of Velveeta and cook over low heat until melted. Stir in 2 cups finely chopped blanched broccoli and ½ tsp. crushed rosemary. Serve with bread cubes.

—BETTY REINHOLT
CULVER, IN

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Veggie Dip



Ingredients:

- 1 (15 oz.) can white beans, such as cannellini
- 1 cup sour cream
- 1 Tbsp. fresh dill
- 1 tsp. garlic powder
- 1 tsp. dried parsley
- ½ tsp. black pepper
- 1 tsp. salt
- 3 packets SweetLeaf® Organic Stevia Sweetener

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CRANBERRY FIELDS FOREVER

Get a taste of life on the bog—cranberries just don't get fresher than this. It's time to bring their **sunshiny September tartness** to your table with these original recipes from readers.

BY **EMILY TYRA** | PHOTOGRAPHER **JIM WIELAND** | STYLIST **DEE DEE JACQ**



IT'S DAYBREAK AT CUTLER CRANBERRY FARM IN CAMP DOUGLAS, WISCONSIN, and Lisa Potter is bumping along in her pickup with a container of cranberry muffins next to her to offer the crew at break time. Mist curls over the cranberry beds and a heron flies over the marsh. It's just another morning commute for Lisa, who runs the 730-acre fifth-generation farm with her husband, Martin, and daughter, Jess. Martin's family started the farm in 1923 and joined the Ocean Spray co-op a few decades later. The Potters grow berries that are used for juice, sauce, Craisins and other Ocean Spray products.

Jess stops by with her kids, and Lisa's grandson, Bruce, hops out to scoop a morning snack from the sea of berries. "Bruce is a cranberry guy all the way," Lisa says. "He fills his pockets every chance he gets. Bruce spends a lot of time here. And when Jess and her brother, Jared, were young, they corralled fruit and worked in the fresh fruit warehouse. They both went on the same fourth-grade class trip: to our farm, for harvest. They thought it was quite silly that they had to ride the bus to school just to ride it right back home to the cranberry marsh.

"We told our kids we wanted them to find something they really loved to do. If it was the cranberry business, great. If not—equally great. Jess spent several years working in another field related to cranberries before returning to our farm.

"We have tense moments. We work through them. The last day of harvest is satisfying—we've done the best job we could to grow a healthy crop, and it's time for a post-harvest hurrah!"

Lisa doesn't serve cranberries on celebration day: "It's all about the burgers, brats and beer."



TART SWEET LIFE The Potter family and crew start harvest at 7 a.m., often after an all-nighter on frost watch.



GRANDMA PIETZ'S CRANBERRY CAKE PUDDING



CRANBERRY KIDS Lisa Potter's grandchildren, Bruce and Grace, are happy taste testers of the new crop—right out of the berry beds.

Grandma Pietz's Cranberry Cake Pudding

Grandma made this simple, homey recipe back when she lived on the family farm. It has been handed down through the generations for a reason.
—LISA POTTER CAMP DOUGLAS, WI

PREP: 30 MIN. • **BAKE:** 20 MIN.
MAKES: 15 SERVINGS (2 CUPS SAUCE)

- **3 Tbsp. butter, softened**
- **1 cup sugar**
- **1 large egg**
- **2 cups all-purpose flour**
- **2 tsp. baking powder**
- **Dash salt**
- **1 cup 2% milk**
- **2 cups fresh or frozen cranberries (thawed), coarsely chopped**

SAUCE

- **2 cups packed brown sugar**
- **1 cup water**
- **½ cup sugar**
- **3 Tbsp. butter**
- **¼ tsp. vanilla extract**

1. Preheat oven to 350°. Grease a 13x9-in. baking pan.
2. In a large bowl, beat butter and sugar until crumbly. Beat in egg. In another bowl, whisk flour, baking powder and salt; add to creamed mixture alternately with milk, beating well after each addition. Gently fold in chopped cranberries.
3. Transfer batter to prepared pan. Bake for 20-25 minutes or until a toothpick inserted in center comes out clean.
4. For sauce, in a saucepan, combine brown sugar, water, sugar and butter; bring to a boil over medium heat, stirring constantly to dissolve sugar. Cook and stir until sauce is slightly thickened, about 10 minutes. Remove from heat and stir in vanilla. Serve warm sauce with cake.

PER SERVING *311 cal., 5 g fat (3 g sat. fat), 26 mg chol., 125 mg sodium, 64 g carb., 1 g fiber, 3 g pro.*



MOM & DAUGHTER DUO Lisa Potter *(left)* and Jess Rezin knee-deep in their work.



CRANBERRY-SESAME SPINACH SALAD



BAKED CRANBERRY MEATBALLS

Baked Cranberry Meatballs

Cranberries give these gorgeous color, and sauerkraut with chili sauce adds an irresistible tang our family loves.

—LISA POTTER CAMP DOUGLAS, WI

PREP: 30 MIN. • **BAKE:** 1 HOUR 20 MIN.
MAKES: 4½ DOZEN

- **2 large eggs, lightly beaten**
- **1 cup dry bread crumbs**
- **1 envelope onion soup mix**
- **2 lbs. lean ground beef (90% lean)**

SAUCE

- **1 can (14 oz.) whole-berry cranberry sauce**
- **1 can (14 oz.) sauerkraut, rinsed and well drained**
- **1 bottle (12 oz.) chili sauce**
- **1¼ cups water**
- **1 cup packed brown sugar**

1. Preheat oven to 350°. In a bowl, combine eggs, bread crumbs and soup mix. Add beef; mix lightly. Shape into 1-in. balls. Arrange meatballs in a greased 13x9-in. baking dish.

2. In a large saucepan, combine sauce ingredients; bring just to a boil over medium heat, stirring to blend. Pour over uncooked meatballs.

3. Bake, covered, 1 hour. Uncover; bake 20-30 minutes longer or until meatballs are cooked through and sauce is thickened.

PER MEATBALL WITH SAUCE *72 cal., 2 g fat (1 g sat. fat), 17 mg chol., 225 mg sodium, 11 g carb., trace fiber, 4 g pro.*

FAST FIX

Cranberry-Sesame Spinach Salad

I love a good fall salad with dried cranberries and nuts. Just add a homemade sweet-and-sour dressing.

—STEPHANIE SMOLEY ROCHESTER, MN

START TO FINISH: 25 MIN.
MAKES: 2 SERVINGS

- **1 tsp. butter**
- **2 Tbsp. slivered almonds**
- **2½ cups fresh baby spinach**
- **2 Tbsp. dried cranberries**

DRESSING

- **2 Tbsp. canola oil**
- **1 Tbsp. sugar**
- **1 Tbsp. cider vinegar**
- **2 tsp. toasted sesame seeds**
- **½ tsp. dried minced onion**
- **½ tsp. poppy seeds**
- **⅛ tsp. salt**
- **Dash paprika**

1. In a small skillet, heat butter over low heat. Add slivered almonds; cook and stir until lightly browned. Remove from heat.

2. In a bowl, combine spinach and cranberries. In a small bowl, whisk dressing ingredients until blended. Pour over salad and toss to coat. Sprinkle with almonds.

PER SERVING *257 cal., 21 g fat (3 g sat. fat), 5 mg chol., 207 mg sodium, 16 g carb., 3 g fiber, 3 g pro.*

Cranberry Walnut Pie

I made this Colonial-era pie for cooking demos in a 1755 saltbox house. Adding a lattice top lets you get a look at the pretty red berries peeking out.

—DIANE EVERETT DUNKIRK, NY

PREP: 20 MIN.
BAKE: 50 MIN. + COOLING
MAKES: 8 SERVINGS

- **1 pkg. (12 oz.) fresh or frozen cranberries, thawed**
- **1½ cups packed brown sugar**
- **1 cup chopped walnuts**
- **¼ cup butter, melted**
- **4½ tsp. all-purpose flour**
- **2 tsp. grated orange peel**
- **Dash salt**
- **Pastry for double-crust pie (9 in.)**

1. Preheat oven to 375°. Place cranberries in a food processor; cover and process until finely chopped. Transfer to a large bowl; stir in brown sugar, walnuts, melted butter, flour, orange peel and salt.

2. On a lightly floured surface, roll one half of pastry dough to a ⅛-in.-thick circle; transfer to a 9-in. pie plate. Trim pastry to ½ in. beyond rim of plate. Add filling.

3. Roll remaining dough to a ⅛-in.-thick circle; cut into ½-in.-wide strips. Arrange over filling in a lattice pattern. Trim and seal strips to edge of bottom pastry; flute edge. Cover edges loosely with foil.

4. Bake 30 minutes. Remove foil; bake 20-25 minutes or until crust is golden brown and filling is bubbly. Cool on a wire rack.

PASTRY FOR DOUBLE-CRUST PIE (9 IN.)
Combine 2½ cups all-purpose flour and ½ tsp. salt; cut in 1 cup cold butter until crumbly. Gradually add ⅓ to ⅔ cup ice water, tossing with a fork until dough holds together. Divide dough in half and shape into disks; wrap in plastic wrap and refrigerate 1 hour.
PER SERVING *672 cal., 38 g fat (19 g sat. fat), 75 mg chol., 391 mg sodium, 79 g carb., 4 g fiber, 7 g pro.*



CRANBERRY WALNUT PIE

Brush a little milk over your lattice and scatter on coarse sugar before baking for a sparkly crunch.



ROASTED BRUSSELS SPROUTS WITH CRANBERRIES & ALMONDS

Roasted Brussels Sprouts with Cranberries & Almonds

Roasting Brussels sprouts gives them a gentle sweetness that works so well with tart cranberries.

—CLAUDIA LAMASCOLO MELBOURNE, FL

PREP: 10 MIN. • **BAKE:** 30 MIN.
MAKES: 8 SERVINGS

- **3 lbs. fresh Brussels sprouts, trimmed and halved**
- **¼ cup olive oil**
- **¾ tsp. salt**
- **¼ tsp. garlic powder**
- **¼ tsp. pepper**
- **1 cup balsamic vinegar**
- **½ cup sugar**
- **1 cup dried cranberries**
- **½ cup sliced almonds, toasted**

1. Preheat oven to 400°. Place Brussels sprouts in a large bowl; toss with oil, salt, garlic powder and pepper. Transfer to a greased 15x10x1-in. baking pan. Roast 30-35 minutes or until tender, stirring occasionally. Transfer to a large bowl.

2. Meanwhile, in a small saucepan, combine vinegar and sugar; bring to a boil, stirring to dissolve sugar. Reduce heat; simmer, uncovered, 15-20 minutes or until syrupy, stirring occasionally.

3. To serve, place hot Brussels sprouts in a serving dish; drizzle with glaze and toss to coat. Sprinkle with cranberries and almonds.

TO TOAST NUTS *Spread them in a 15x10x1-in. baking pan. Bake at 350° for 5-10 minutes or until lightly browned, stirring occasionally. Or spread in a dry nonstick skillet and heat over low heat until lightly browned, stirring occasionally.*

PER SERVING *284 cal., 10 g fat (1 g sat. fat), 0 chol., 260 mg sodium, 48 g carb., 7 g fiber, 6 g pro.* ■






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Chicken & Mushroom Spanakopitas —TEENA JOHNSTOWN, PA

PREP: 30 MIN. • **BAKE:** 20 MIN. • MAKES: 6 SERVINGS

- **1 Tbsp. olive oil**
- **1 cup sliced fresh mushrooms**
- **2 garlic cloves, minced**
- **1 tsp. minced fresh mint**
- **½ tsp. each minced fresh sage and thyme**
- **1 pkg. (10 oz.) frozen chopped spinach, thawed and squeezed dry**
- **1 cup (4 oz.) crumbled feta cheese**
- **4 cups coarsely chopped cooked chicken**
- **36 sheets phyllo dough (14x9-in. size)**
- **Butter-flavored cooking spray**
- **Refrigerated tzatziki sauce, optional**

1. Preheat oven to 350°. In a skillet, heat oil over medium-high heat. Add mushrooms; cook and stir until tender. Add garlic; cook 1 minute longer. Transfer to a bowl; stir in herbs, spinach, cheese and chicken.

2. Layer six sheets of the phyllo dough on a work surface, spritzing each with cooking spray. (Cover remaining phyllo with plastic wrap and a damp towel.) Cut the stack lengthwise in half. Place ⅓ cup filling on one end of each strip. Fold a corner of dough over filling, forming a triangle. Fold triangle up, continuing to fold like a flag. Spritz end with cooking spray and seal. Repeat with remaining ingredients.

3. Spritz triangles with cooking spray; place on baking sheets. Bake 20 minutes or until golden brown. If desired, serve with tzatziki.

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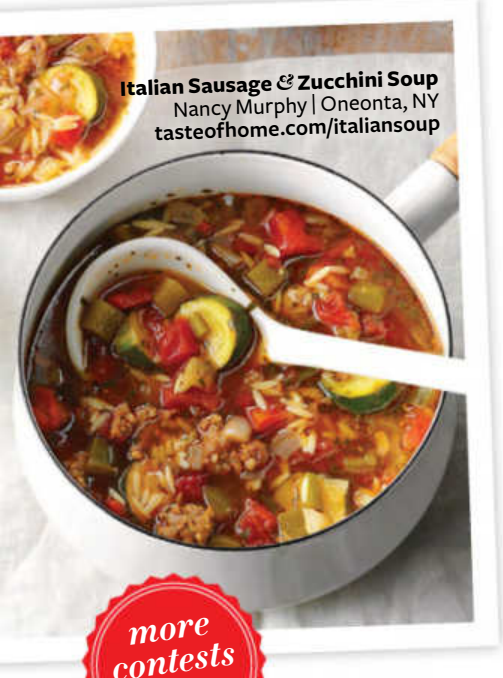
TURN THE PAGE TO ENTER YOUR HALF-HOUR HEROES.



Buckle Up

Q: So, what makes blueberries your fruit of choice?

A: We love to go berry picking in Maine. When the kids were small, my husband would take them out to pick wild blueberries. The buckle recipe got its start more than 30 years ago when I needed to do something with the berries we harvested. This recipe is dear to me because my family loves it so much. It's really fantastic.



more contests online

Enter Our Homemade in 30 Contest and **Win $500**

Do you cook up magic in a half-hour, using **12 or fewer ingredients**? Your go-to recipes could win big in *Taste of Home*. Tell us how you take the basics, like pork chops, burgers or omelets, to the next level. Brag up your sped-up recipes, too: veggie stew, skillet lasagna or stacked enchiladas. Is a muffin tin your secret for fast meatloaf? Or do you throw everything for pasta into one big pot? Don't forget shortcut sweets. Think trifles, cookies or your twist on cake in a mug. If it's homemade in a hurry, send it!

SUBMIT YOUR BEST HOMEMADE IN 30 RECIPES AT TASTEOFHOME.COM/RECIPECONTESTS

Breakfast ▸ Lunch ▸ Dinner ▸ Snacks & Apps ▸ Sides ▸ Desserts

Enter today at tasteofhome.com/recipecontests. No purchase necessary to enter or win. Contest runs June 18, 2015, to Oct. 12, 2015. Open to residents of the U.S. and Canada who are age 18 or older. Void where prohibited. For entry and other details including official rules, visit tasteofhome.com/recipecontests. Sponsored by RDA Enthusiast Brands, LLC. Winners announced in a future issue.

Send us a winner. We'll send you **money.**

SHARE YOUR FAVORITE **LAZY-DAY SHORTCUTS** RECIPES, TOO.

It's easy to enter at tasteofhome.com/recipecontests.

Down East Blueberry Buckle

DIANNE VAN DER VEEN PLYMOUTH, MA

This buckle won a contest at my daughter's college. The award was four lobsters, but the real prize was seeing the smile on our daughter's face.



SLOW COOKER Slow Cooker Barbacoa

AUNDREA MCCORMICK CHARLES TOWN, WV

My husband adores this roast simmered in lime juice, chipotle and cumin. I serve it over rice tossed with cilantro and more zippy lime.



Fontina Rolled Chicken

TAMMY REX NEW TRIPOLI, PA

Good food has a way of transporting you to faraway places. My chicken with fontina and cream cheese is like a blissful trip to Italy.



Artichoke Florentine Pasta

NANCY BECKMAN HELENA, MT

Pasta loaded with artichokes and cheese is everything a Sunday dinner should be—rich, tasty and memorable. Add cooked chicken, shrimp or crab if you like.



SLOW COOKER Slow Cooker Barbacoa

PREP: 45 MIN. • **COOK:** 7 HOURS • **MAKES:** 8 SERVINGS

- ¼ cup lime juice
- ¼ cup cider vinegar
- 3 chipotle peppers in adobo sauce
- 4 garlic cloves, thinly sliced
- 4 tsp. ground cumin
- 3 tsp. dried oregano
- 1½ tsp. pepper
- ¾ tsp. salt
- ½ tsp. ground cloves
- 1 cup reduced-sodium chicken broth
- 1 boneless beef chuck roast (3 to 4 lbs.)
- 3 bay leaves

RICE

- 3 cups water
- 2 cups uncooked jasmine rice, rinsed and drained
- 3 Tbsp. butter
- 1½ tsp. salt
- ½ cup minced fresh cilantro
- 2 Tbsp. lime juice

1. Place the first nine ingredients in a blender; cover and process until smooth. Add broth; pulse to combine.
2. Place roast and bay leaves in a 4- or 5-qt. slow cooker; pour sauce over top. Cook, covered, on low 7-9 hours or until meat is tender.
3. Prepare rice about 30 minutes before serving. In a large saucepan, combine water, rice, butter and salt; bring to a boil. Reduce heat; simmer, covered, 12-15 minutes or until liquid is absorbed and rice is tender. Remove from heat; gently stir in cilantro and lime juice.
4. Remove roast from slow cooker; cool slightly. Discard bay leaves and skim fat from cooking juices. Shred beef with two forks; return to slow cooker. Serve with rice.
PER SERVING *513 cal., 21 g fat (9 g sat. fat), 122 mg chol., 882 mg sodium, 40 g carb., 1 g fiber, 37 g pro.*

TASTE OF HOME SUNDAY BEST CONTEST 2015

Down East Blueberry Buckle

PREP: 15 MIN. • **BAKE:** 30 MIN. • **MAKES:** 9 SERVINGS

- 2 cups all-purpose flour
- ¾ cup sugar
- 2½ tsp. baking powder
- ¼ tsp. salt
- 1 large egg
- ¾ cup 2% milk
- ¼ cup butter, melted
- 2 cups fresh or frozen blueberries

TOPPING

- ½ cup sugar
- ⅓ cup all-purpose flour
- ½ tsp. ground cinnamon
- ¼ cup butter, softened

1. Preheat oven to 375°. In a large bowl, whisk flour, sugar, baking powder and salt. In another bowl, whisk egg, milk and melted butter until blended. Add to flour mixture; stir just until moistened. Fold in blueberries. Transfer to a greased 9-in.-square baking pan.
2. For topping, in a small bowl, mix sugar, flour and cinnamon. Using a fork, stir in softened butter until crumbly. Sprinkle over batter.
3. Bake 30-35 minutes or until a toothpick inserted in center comes out clean (do not overbake). Cool in pan on a wire rack. Serve warm or at room temperature.
NOTE *If using frozen blueberries, use without thawing to avoid discoloring the batter.*
PER SERVING *354 cal., 12 g fat (7 g sat. fat), 49 mg chol., 277 mg sodium, 59 g carb., 2 g fiber, 5 g pro.*

TASTE OF HOME SUNDAY BEST CONTEST 2015

Artichoke Florentine Pasta

PREP: 20 MIN. • **COOK:** 15 MIN. • **MAKES:** 8 SERVINGS

- 16 oz. penne pasta
- 6 Tbsp. butter, divided
- 4 garlic cloves, minced
- 12 oz. fresh baby spinach (about 16 cups)
- ¼ cup all-purpose flour
- 3 cups 2% milk
- ¾ cup grated Parmesan
- 1 pkg. (8 oz.) reduced-fat cream cheese
- ½ cup white wine or reduced-sodium chicken broth
- 1 tsp. salt
- ½ tsp. pepper
- ¼ tsp. cayenne pepper
- 2 cans (14 oz. each) water-packed artichoke hearts, drained and coarsely chopped
- ⅓ cup Italian-style panko (Japanese) bread crumbs

1. Cook pasta according to package directions. In a 6-qt. Dutch oven, melt 2 Tbsp. butter over medium-high heat. Add garlic; cook and stir 30 seconds. Add spinach; cook and stir 1-2 minutes or just until wilted. Remove from pot.
2. In same pot, melt remaining butter over medium heat. Stir in flour until smooth; gradually whisk in milk. Bring to a boil, stirring constantly; cook and stir 2-3 minutes or until thickened. Add Parmesan cheese, cream cheese, wine and seasonings; stir until smooth. Stir in artichoke hearts; heat through.
3. Drain pasta; add to sauce, tossing to coat. Stir in spinach mixture. Transfer to a serving dish; sprinkle with bread crumbs. Serve immediately.
PER SERVING *523 cal., 21 g fat (12 g sat. fat), 57 mg chol., 993 mg sodium, 61 g carb., 3 g fiber, 21 g pro.*

TASTE OF HOME SUNDAY BEST CONTEST 2015

Fontina Rolled Chicken

PREP: 30 MIN. • **BAKE:** 30 MIN. • **MAKES:** 4 SERVINGS

- 4 oz. cream cheese, softened
- 1 cup (4 oz.) shredded fontina cheese
- 5 bacon strips, cooked and crumbled
- 4 green onions, chopped
- ¼ cup chopped fresh Italian parsley
- ¼ cup julienned oil-packed sun-dried tomatoes, drained, chopped and patted dry
- ½ tsp. salt, divided
- ¾ tsp. pepper, divided
- 1 large egg
- 1½ cups panko (Japanese) bread crumbs
- 1 tsp. paprika
- 4 boneless skinless chicken breast halves (6 oz. each)
- 1 Tbsp. olive oil

1. Preheat oven to 375°. In a bowl, mix the first six ingredients; stir in ¼ tsp. each salt and pepper. In a shallow bowl, whisk egg and the remaining salt and pepper. In another shallow bowl, toss bread crumbs with paprika.
2. Carefully pound chicken breasts with a meat mallet to ¼-in. thickness. Spread cheese mixture over chicken. Roll up chicken from a short side; secure with toothpicks.
3. Dip chicken in egg, then coat with crumbs. Place in a foil-lined 15x10x1-in. baking pan, seam side down. Drizzle tops with oil.
4. Bake, uncovered, 30-35 minutes or until golden brown and chicken is no longer pink. Let stand 5 minutes; discard toothpicks before serving.
PER SERVING *561 cal., 32 g fat (14 g sat. fat), 213 mg chol., 962 mg sodium, 15 g carb., 2 g fiber, 51 g pro.*

TASTE OF HOME SUNDAY BEST CONTEST 2015

5 INGREDIENTS SLOW COOKER

Slow Cooker Kalua Pork & Cabbage

RHOLINELLE DETORRES SAN JOSE, CA

My slow cooker pork has four ingredients and less than 10 minutes of prep. The result tastes just like the Kalua pork slow-roasted underground all day in Hawaii.



Aunt Lou's Fresh Apple Cake

CRISTY KING SCOTT DEPOT, WV

My Great-Aunt Lou made a luscious apple cake that became a family tradition. My mom makes it for our annual beach trip to the Outer Banks in North Carolina.



FAST FIX

Brussels Sprouts in Rosemary Cream Sauce

LIZ KOSCHORECK BEREA, KY

Brussels sprouts in a rosemary-infused cream sauce have the power to bring friends together—but watch out for squabbles over who gets the last of the sauce.



Spaghetti Meatball Bake

KIM FORNI LACONIA, NH

When we gather for Sunday dinner, we crave pasta. I had a hankering for meatballs, too, so I developed a fun casserole where the spaghetti's actually *in* the meatball!



Aunt Lou's Fresh Apple Cake

PREP: 15 MIN. • **BAKE:** 50 MIN. + COOLING • **MAKES:** 12 SERVINGS

- **2 cups sugar**
- **1 cup canola oil**
- **3 large eggs**
- **2 tsp. vanilla extract**
- **3 cups all-purpose flour**
- **1 tsp. salt**
- **1 tsp. baking powder**
- **3 cups chopped peeled apples (about 3 medium)**

1. Preheat oven to 350°. Grease and flour a 9-in. fluted tube pan.
2. In a large bowl, beat sugar, oil, eggs and vanilla until well blended. In another bowl, whisk flour, salt and baking powder; gradually beat into oil mixture. Stir in apples. Transfer batter to prepared pan.
3. Bake 50-60 minutes or until a toothpick inserted in center comes out clean. Cool in pan 10 minutes. Run a knife around sides and center tube of pan. Remove cake to a wire rack to cool.
NOTE *To remove cakes easily, use solid shortening to grease plain and fluted tube pans.*
PER SERVING *445 cal., 20 g fat (2 g sat. fat), 47 mg chol., 249 mg sodium, 62 g carb., 2 g fiber, 5 g pro.*

5 INGREDIENTS SLOW COOKER

Slow Cooker Kalua Pork & Cabbage

PREP: 20 MIN. • **COOK:** 9 HOURS • **MAKES:** 12 SERVINGS

- **7 bacon strips, divided**
- **1 boneless pork shoulder butt roast (3 to 4 lbs.), well trimmed**
- **1 Tbsp. coarse sea salt**
- **1 medium head cabbage (about 2 lbs.), coarsely chopped**

1. Line bottom of a 6-qt. slow cooker with four bacon strips. Sprinkle all sides of roast with salt; place in slow cooker. Arrange remaining bacon over top of roast.
2. Cook, covered, on low 8-10 hours or until pork is tender. Add cabbage, spreading cabbage around roast. Cook, covered, 1-1¼ hours longer or until cabbage is tender.
3. Remove pork to a serving bowl; shred pork with two forks. Using a slotted spoon, add cabbage to pork and toss to combine. If desired, skim fat from some of the cooking juices and stir into pork mixture or serve on the side.
PER SERVING *227 cal., 13 g fat (5 g sat. fat), 72 mg chol., 622 mg sodium, 4 g carb., 2 g fiber, 22 g pro.*

Spaghetti Meatball Bake

PREP: 45 MIN. • **BAKE:** 30 MIN. • **MAKES:** 10 SERVINGS

- **1½ cups dry bread crumbs, divided**
- **3 large eggs, lightly beaten**
- **1½ cups cooked spaghetti, coarsely chopped**
- **2 garlic cloves, minced**
- **2 tsp. dried basil**
- **¾ tsp. salt**
- **1 tsp. dried oregano**
- **1 tsp. pepper**
- **2 lbs. ground beef**

SAUCE

- **2 jars (24 oz. each) meatless pasta sauce**
- **1 small onion, finely chopped**
- **2 garlic cloves, minced**
- **2 tsp. dried basil**
- **1 tsp. dried oregano**
- **2 cups (8 oz.) shredded part-skim mozzarella cheese**

1. Preheat oven 375°. Place 1 cup bread crumbs in a shallow bowl. In a large bowl, combine eggs, chopped spaghetti, garlic, seasonings and remaining bread crumbs. Add beef; mix lightly but thoroughly. Shape into 1½-in. balls.
2. Roll meatballs in bread crumbs; place in a greased 13x9-in. baking dish. Bake 15-20 minutes or until cooked through.
3. In a large saucepan, combine pasta sauce, onion, garlic and seasonings; bring to a boil over medium heat, stirring occasionally. Pour over meatballs; sprinkle with cheese. Bake 15-20 minutes longer or until cheese is lightly browned.
PER SERVING *390 cal., 17 g fat (7 g sat. fat), 124 mg chol., 1,074 mg sodium, 29 g carb., 3 g fiber, 29 g pro.*

FAST FIX

Brussels Sprouts in Rosemary Cream Sauce

START TO FINISH: 30 MIN. • **MAKES:** 6 SERVINGS

- **1 lb. fresh Brussels sprouts (about 4 cups)**
- **¼ cup butter, cubed**
- **1 Tbsp. all-purpose flour**
- **1 cup heavy whipping cream**
- **1 Tbsp. coarsely chopped fresh rosemary**
- **2 garlic cloves, minced**
- **¾ tsp. salt**
- **¼ cup shredded Parmigiano-Reggiano cheese**
- **Freshly ground pepper**

1. Trim Brussels sprout stems; using a paring knife, cut an X in the bottom of each. Place sprouts in a large saucepan; add water to cover. Bring to a boil. Reduce heat; simmer, covered, 6-8 minutes or until almost tender. Drain.
2. Meanwhile, in a large saucepan, melt butter over medium heat. Stir in flour until smooth; gradually whisk in cream. Bring to a boil, stirring constantly; cook and stir 1-2 minutes or until thickened. Stir in rosemary and garlic. Add Brussels sprouts and salt; heat through, stirring to combine. Sprinkle with cheese and pepper.
PER SERVING *256 cal., 24 g fat (15 g sat. fat), 78 mg chol., 445 mg sodium, 9 g carb., 3 g fiber, 5 g pro.*

Sunday Best Stuffed Pork Chops

LORRAINE SMITH CARPENTER, WY

We're farmers and ranchers who love to cook in a Dutch oven. Dish up these chops from the oven, and pass the salad, potatoes and steamed broccoli.



Roast Spiced Chicken

CINDY KANWAR BLACKLICK, OH

Ever have a worn index card recipe from your mother with food stains covering the words? Spiced chicken has been in our family more than 50 years.



Beef Paprikash with Fire-Roasted Tomatoes

GLORIA BRADLEY NAPERVILLE, IL

Beef cooked Hungarian style with paprika, peppers and tomatoes makes a marvelous dinner. We like it with thick kluski noodles, but any kind of egg noodle works.



Easy Mini Caramel Apple Cheesecakes

BRANDIE CRANSHAW RAPID CITY, SD

Cheesecake is the ultimate comfort food, but a big slice can be too rich. With its luscious topping, this bite-size version satisfies the sweet tooth without overwhelming.



Roast Spiced Chicken

PREP: 20 MIN. • **BAKE:** 1½ HOURS + STANDING
MAKES: 12 SERVINGS

- **3 tsp. dried thyme**
- **2 tsp. salt**
- **2 tsp. seasoned salt**
- **2 tsp. pepper**
- **½ tsp. garlic powder**
- **⅔ cup butter, cubed**
- **⅓ cup lemon juice**
- **2 Tbsp. Dijon mustard**
- **1½ tsp. paprika**
- **½ tsp. garlic salt**
- **1 roasting chicken (6 to 7 lbs.)**

1. Preheat oven to 425°. In a small bowl, mix the first five ingredients. In a small saucepan, melt butter; stir in lemon juice, mustard, paprika and garlic salt. Keep warm.
2. Sprinkle half of the thyme mixture inside chicken. Place chicken on a rack in a shallow roasting pan, breast side up. Tuck wings under chicken; tie drumsticks together.
3. Brush outside of chicken with ½ cup butter mixture; sprinkle with remaining thyme mixture. Roast 1 hour, basting every 15 minutes with remaining butter mixture. (Cover loosely with foil if chicken browns too quickly.)
4. Roast 30-60 minutes longer or until a thermometer inserted in thickest part of thigh reads 170°-175°. Remove chicken from oven; tent with foil. Let stand 15 minutes before carving.
PER SERVING *390 cal., 27 g fat (11 g sat. fat), 132 mg chol., 918 mg sodium, 2 g carb., trace fiber, 33 g pro.*

Sunday Best Stuffed Pork Chops

PREP: 30 MIN. • **COOK:** 35 MIN. • **MAKES:** 8 SERVINGS

- **1 pkg. (6 oz.) pork stuffing mix**
- **¾ tsp. seasoned salt**
- **½ tsp. garlic powder**
- **½ tsp. coarsely ground pepper**
- **1 can (10¾ oz.) condensed cream of mushroom soup, undiluted**
- **¼ cup 2% milk**
- **1 cup (4 oz.) shredded smoked Gouda cheese**
- **1 small apple, finely chopped**
- **½ cup chopped pecans, toasted, optional**
- **8 boneless pork loin chops (6 oz. each)**
- **2 Tbsp. olive oil, divided**
- **Minced fresh chives or parsley**

1. Prepare stuffing according to package directions; cool slightly. In a small bowl, mix seasonings. In another bowl, whisk soup and milk until blended.
2. Stir cheese, apple and, if desired, pecans into cooled stuffing. Cut a pocket horizontally in the thickest part of each chop. Fill with stuffing mixture. Brush outsides of chops with 1 Tbsp. oil; sprinkle with seasoning mixture.
3. In a Dutch oven, heat remaining oil over medium heat. Stand pork chops in pan, stuffing side up and spaced evenly. Pour soup mixture around chops; bring to a boil. Reduce heat; simmer, covered, 35-40 minutes or until pork is no longer pink and a thermometer inserted in stuffing reads 165°.
4. Remove from heat; let stand 5 minutes. Transfer chops to a serving dish. Spoon sauce over top. Sprinkle with chives.
TO TOAST NUTS *Bake in a shallow pan in a 350° oven for 5-10 minutes or cook in a skillet over low heat until lightly browned.*
PER SERVING *532 cal., 30 g fat (11 g sat. fat), 116 mg chol., 973 mg sodium, 22 g carb., 2 g fiber, 40 g pro.*

Easy Mini Caramel Apple Cheesecakes

PREP: 30 MIN. • **BAKE:** 15 MIN. + COOLING • **MAKES:** 1 DOZEN

- **1 cup graham cracker crumbs**
- **2 Tbsp. sugar**
- **¼ tsp. ground cinnamon**
- **3 Tbsp. butter, melted**

CHEESECAKE

- **2 pkg. (8 oz. each) cream cheese, softened**
- **½ cup sugar**
- **1 tsp. vanilla extract**
- **2 large eggs, lightly beaten**

TOPPING

- **1 large apple, peeled and finely chopped**
- **1 Tbsp. butter**
- **1 Tbsp. sugar**
- **¼ tsp. ground cinnamon**
- **Dash ground cloves**
- **½ cup butterscotch-caramel ice cream topping**

1. Preheat oven to 350°. Line 12 muffin cups with paper liners.
2. In a small bowl, mix cracker crumbs, sugar and cinnamon; stir in melted butter. Spoon 1 rounded Tbsp. crumb mixture into each muffin cup; press down with a narrow glass or spoon.
3. In a large bowl, beat cream cheese and sugar until smooth. Beat in vanilla. Add eggs; beat on low speed just until blended. Pour over crusts.
4. Bake 15-18 minutes or until the centers are set (do not overbake). Cool in pan on a wire rack 30 minutes.
5. To serve, in a small skillet, cook and stir apple with butter, sugar, cinnamon and cloves over medium heat 4-5 minutes or until tender; stir in caramel topping. Spoon over cheesecakes. Refrigerate leftovers.
PER SERVING *307 cal., 19 g fat (10 g sat. fat), 84 mg chol., 244 mg sodium, 31 g carb., trace fiber, 4 g pro.*

Beef Paprikash with Fire-Roasted Tomatoes

PREP: 15 MIN. • **COOK:** 1¾ HOURS • **MAKES:** 8 SERVINGS

- **⅓ cup all-purpose flour**
- **2 Tbsp. sweet Hungarian or regular paprika, divided**
- **1¼ tsp. salt, divided**
- **2 lbs. boneless beef chuck roast, cut into 1-in. pieces**
- **2 Tbsp. canola oil, divided**
- **1 large onion, chopped**
- **1 small sweet red pepper, finely chopped**
- **2 cans (8 oz. each) tomato sauce**
- **1 can (14½ oz.) fire-roasted diced tomatoes, undrained**
- **1 can (14½ oz.) beef broth**
- **1 pkg. (16 oz.) kluski or other egg noodles**
- **3 Tbsp. butter**

1. In a small bowl, mix flour, 1 Tbsp. paprika and ½ tsp. salt. Sprinkle over beef and toss to coat; shake off excess.
2. In a Dutch oven, heat 1 Tbsp. oil over medium heat. Brown beef in batches, adding remaining oil as needed. Remove from pan with a slotted spoon, reserving drippings in pan.
3. Add onion and pepper to drippings; cook and stir for 4-5 minutes or until tender. Stir in tomato sauce, tomatoes, broth and the remaining 1 Tbsp. paprika and ¾ tsp. salt; bring to a boil. Reduce heat; simmer, covered, 1½-2 hours or until beef is tender.
4. Cook noodles according to package directions. Drain; return to pot. Add butter and toss to coat. Serve with stew.
PER SERVING *534 cal., 21 g fat (8 g sat. fat), 133 mg chol., 953 mg sodium, 51 g carb., 4 g fiber, 33 g pro.*



When migraine pain strikes

Reach for RELPAX®

(eletriptan HBr) 40 mg

Ask your doctor about RELPAX today.

Important Safety Information

Do not take RELPAX® (eletriptan HBr) if you:

- Have heart disease or a history of heart disease
- Have a history of stroke, transient ischemic attack
- Have a history or current evidence of hemiplegic or basilar migraines (if you are not sure about this, ask your doctor)
- Have peripheral vascular disease (e.g. narrowing of blood vessels to the legs, arms, stomach, intestines, or kidneys)
- Have ischemic bowel disease (inadequate blood supply to the intestine)
- Have uncontrolled blood pressure
- Have taken other migraine medications in the last 24 hours, including other triptans, ergots, or ergot-type medications
- Are allergic to RELPAX or any of its ingredients
- **RELPAX should not be used within at least 72 hours of treatment with the following medicines: Nizoral® (ketoconazole), Sporanox® (itraconazole), Serzone® (nefazodone), TAO® (troleandomycin), Biaxin® (clarithromycin), Norvir® (ritonavir), and Viracept® (nelfinavir)**

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Patients taking RELPAX may experience serious side effects, including:

Heart attacks and other heart problems. Heart problems may lead to death. Stop taking RELPAX and get emergency medical help right away if you have any symptoms of heart attack like discomfort in the center of your chest that lasts for more than a few minutes, or that goes away and comes back; chest pain or chest discomfort that feels like an uncomfortable heavy pressure; squeezing, fullness, or pain; pain or discomfort in your arms, back, neck, jaw, or stomach; shortness of breath with or without chest discomfort; breaking out in a cold sweat; nausea or vomiting; feeling lightheaded.

Medication overuse headaches. Some patients who take too many RELPAX may have worse headaches. If your headaches get worse your doctor may decide to stop your treatment with RELPAX.

Please see Important Information for RELPAX on back.

Serotonin syndrome is a serious and life-threatening problem that can happen when taking RELPAX, especially when used with certain medications commonly used to treat depression such as selective serotonin reuptake inhibitors (SSRIs) and serotonin and norepinephrine reuptake inhibitors (SNRIs). Tell your doctor right away if you experience mental changes such as hallucinations, fast heartbeat, high body temperature, trouble walking, or nausea, vomiting or diarrhea.

Changes in color or sensation in your fingers and toes (Raynaud's syndrome).

Stomach and intestinal problems like sudden or severe stomach pain, stomach pain after meals, weight loss, nausea or vomiting, constipation or diarrhea, bloody diarrhea, fever.

Problems with blood circulation to your legs and feet (cramping and pain in your legs or hips); like feeling of heaviness or tightness in your leg muscles, burning or aching in your feet or toes while resting, numbness, tingling, or weakness in your legs, cold feeling or color changes in 1 or both legs or feet.

Most common side effects are dizziness, nausea, weakness, tiredness and drowsiness. If you have these symptoms, do not drive a car or do anything where you need to be alert. Tell your doctor about any side effects you have.

RELPAX should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.

*You are encouraged to report negative side effects of prescription drugs to the FDA. Visit **www.fda.gov/medwatch**, or call **1-800-FDA-1088**.*

Indication

RELPAX (eletriptan HBr) is indicated for the acute treatment of migraine with or without aura in adults. RELPAX should only be used where a clear diagnosis of migraine has been established. RELPAX is not for the prevention of migraines or other types of headaches, including cluster headache.

Find out how you may save on your prescription at RELPAX.com*



RELPAX® (eletriptan HBr) 40 mg

*Terms and Conditions apply. Save up to $1200 per year.

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Important Information

RELPAX® (REL - packs) (eletriptan hydrobromide) Tablets

Please read this information before you start taking RELPAX and each time you get a refill. There may be new information. This information does not take the place of talking with your doctor about your medical condition or your treatment.

What is the most important information I should know about RELPAX?

RELPAX can cause serious side effects, including: Heart attack and other heart problems. Heart problems may lead to death. Stop taking RELPAX and get emergency medical help right away if you have any of the following symptoms of a heart attack:

- discomfort in the center of your chest that lasts for more than a few minutes, or that goes away and comes back
- chest pain or chest discomfort that feels like an uncomfortable heavy pressure, squeezing, fullness, or pain
- pain or discomfort in your arms, back, neck, jaw, or stomach
- shortness of breath with or without chest discomfort
- breaking out in a cold sweat
- nausea or vomiting
- feeling lightheaded

RELPAX is not for people with risk factors for heart disease unless a heart exam is done and shows no problem. You have a higher risk for heart disease if you:

- have high blood pressure
- have high cholesterol levels
- smoke
- are overweight
- have diabetes
- have a family history of heart disease
- are a female who has gone through menopause
- are a male over age 40

Serotonin syndrome. Serotonin syndrome is a serious and life-threatening problem that can happen in people taking RELPAX, especially if RELPAX is taken with anti-depressant medicines called selective serotonin reuptake inhibitors (SSRIs) or serotonin and norepinephrine reuptake inhibitors (SNRIs).
Ask your doctor or pharmacist for a list of these medicines if you are not sure.
Call your doctor right away if you have any of the following symptoms of serotonin syndrome:

- mental changes such as seeing things that are not there (hallucinations), agitation, or coma
- fast heartbeat
- changes in blood pressure
- high body temperature
- tight muscles
- trouble walking
- nausea, vomiting, or diarrhea

What is RELPAX?

RELPAX is a prescription medicine used to treat acute migraine headaches with or without aura in adults. RELPAX is for people who have been diagnosed with migraine headaches.

RELPAX is not used to prevent or decrease the number of migraine headaches you have. It is not known if RELPAX is safe and effective to treat cluster headaches.

It is not known if RELPAX is safe and effective in children.

Who should not take RELPAX?

Do not take RELPAX if you:

- have heart problems or a history of heart problems
- have or have had a stroke or problems with your blood circulation
- have hemiplegic or basilar migraines. If you are not sure if you have these types of migraines, ask your doctor
- have narrowing of the blood vessels in your legs, arms, stomach, or kidney (peripheral vascular disease)
- have ischemic bowel disease
- have uncontrolled high blood pressure
- have taken any of the following medicines in the last 24 hours:
 - other "triptans" or triptan combination products such as:
 - almotriptan (Axert®)
 - frovatriptan (Frova®)
 - naratriptan (Amerge®)
 - rizatriptan (Maxalt®)
 - sumatriptan (Imitrex®)
 - sumatriptan and naproxen sodium (Treximet®)
 - zolmitriptan (Zomig®)
 - ergotamines such as:
 - Bellergal-S®
 - Cafergot®
 - Ergomar®
 - Wigraine®
 - dihydroergotamines such as:
 - D.H.E. 45® or Migranal® or methysergide (Sansert®)
- have taken the following medicines within the last 72 hours:
 - ketoconazole (Nizoral®)
 - itraconazole (Sporanox®)
 - nefazodone (Serzone®)
 - troleandomycin (TAO®)
 - clarithromycin (Biaxin®)
 - ritonavir (Norvir®)
 - nelfinavir (Viracept®)
- are allergic to eletriptan or any of the ingredients in RELPAX. For a complete list of ingredients in RELPAX, please see the complete prescribing information on www.RELPAX.com

What should I tell my doctor before taking RELPAX?

Before you take RELPAX, tell your doctor if you:

- have heart problems or a family history of heart problems or stroke
- have high blood pressure
- have high cholesterol
- have diabetes
- smoke
- are overweight
- are a female who has gone through menopause
- have kidney problems
- have liver problems
- are pregnant or plan to become pregnant. It is not known if RELPAX will harm your unborn baby
- are breastfeeding or plan to breastfeed. RELPAX passes into your breast milk and may harm your baby. Talk to your doctor about the best way to feed your baby if you take RELPAX

Tell your doctor about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Your doctor will decide if you can take RELPAX with your other medicines. RELPAX and other medicines may affect each other causing side effects.

Especially tell your doctor if you take anti-depressant medicines called:

- selective serotonin reuptake inhibitors (SSRIs)
- serotonin and norepinephrine reuptake inhibitors (SNRIs)

Ask your doctor or pharmacist for a list of these medicines if you are not sure. Know the medicines you take. Keep a list of them to show your doctor or pharmacist when you get a new medicine.

What should I avoid while taking RELPAX?

RELPAX can cause dizziness, weakness, or drowsiness. If you have these symptoms, do not drive a car, use machinery, or do anything where you need to be alert.

What are the possible side effects of RELPAX?

RELPAX may cause serious side effects. See "What is the most important information I should know about RELPAX?"

These serious side effects include:

- **changes in color or sensation in your fingers and toes (Raynaud's syndrome)**
- **stomach and intestinal problems (gastrointestinal and colonic ischemic events)**
 - Symptoms of gastrointestinal and colonic ischemic events include:
 - sudden or severe stomach pain
 - stomach pain after meals
 - weight loss
 - nausea or vomiting
 - constipation or diarrhea
 - bloody diarrhea
 - fever
- **problems with blood circulation to your legs and feet (peripheral vascular ischemia)**
 - Symptoms of peripheral vascular ischemia include:
 - cramping and pain in your legs or hips
 - feeling of heaviness or tightness in your leg muscles
 - burning or aching pain in your feet or toes while resting
 - numbness, tingling, or weakness in your legs
 - cold feeling or color changes in 1 or both legs or feet
- **medication overuse headaches.** Some people who take too many RELPAX may have worse headaches (medication overuse headache). If your headaches get worse, your doctor may decide to stop your treatment with RELPAX.

The most common side effects of RELPAX include:

- dizziness
- nausea
- weakness
- tiredness
- drowsiness

Tell your doctor if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of RELPAX. For more information, ask your doctor or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

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Close to Home

Wake up for cheesy quiche *PAGE 72*
Dumplings done Mom's way *PAGE 75*
Goodies from the pumpkin patch *PAGE 80*



Make it a real party. Set out bowls of guacamole, cilantro and sour cream so your amigos can pick their toppings.

SEE RECIPES page 70

Onion & Green Chili Enchiladas

Eddie's Favorite Fiesta Corn

SUNDAY DINNER

Tex-Mex Night

This Nebraska cook's **easygoing fiesta** is made with pantry staples, zesty spices and a whole lotta heart.

RECIPES & STORY BY **ANTHONY BOLTON** BELLEVUE, NE

Fiesta for Friends

I grew up in Texas and Iowa in a big family of bakers. My grandma Edna Shimon was a phenomenal baker who made doughnuts, pies, cakes—you name it—and so did my mom, Cathy Moya. I call my style of cooking "entertaining" because my partner, Eddie Bolton, and I love to throw big parties and barbecues with at least 10 people, and I never plan what I'm going to make very far in advance. I work full time and enchiladas are my great go-to recipe, since I usually have the ingredients on hand, including the caramelized onions. I make those at least three times a week to add to all kinds of dishes.

> "Every time we have guests over, they ask for my famous enchiladas."

I use sweet onions or Vidalias in season—they're what make the enchiladas stand out. I'm also a big fan of Penzeys Spices; try the salt-free Arizona Dreaming seasoning in place of low-sodium taco seasoning when you make these enchiladas. We recently opened a wine bar in Papillion, a suburb of Omaha, and that's where my cooking really comes into play. Hands down, these green and cheesy enchiladas with a side of creamy, spicy corn are everyone's favorite.

WHAT'S ON YOUR SUNDAY DINNER TABLE?

Show off your most-loved Sunday menu and earn $100. Share your recipes and story at tasteofhome.com/sunday.



Onion & Green Chili Enchiladas

Onion & Green Chili Enchiladas

These enchiladas are my favorite quick recipe for big dinner parties. I usually make a meatless version, but feel free to add cooked chicken.

PREP: 20 MIN. • **BAKE:** 20 MIN.
MAKES: 6 SERVINGS

- **2 Tbsp. butter**
- **3 large onions, sliced (about 6 cups)**
- **2 cups (8 oz.) shredded cheddar cheese, divided**
- **1 cup sour cream**
- **⅓ cup salsa**
- **2 Tbsp. reduced-sodium taco seasoning**
- **12 flour tortillas (6 in.)**
- **2 cans (10 oz. each) green enchilada sauce**

1. Preheat oven to 350°. In a large skillet, heat butter over medium heat. Add onions; cook and stir 8-10 minutes or until tender and golden brown. Cool slightly.

2. Meanwhile, in a large bowl, combine 1 cup cheddar cheese, sour cream, salsa and taco seasoning. Stir in cooled onions.

3. Place 2 Tbsp. mixture off center on each tortilla. Roll up and place in a well-greased 13x9-in. baking dish, seam side down.

4. Top enchiladas with sauce; sprinkle with remaining shredded cheddar cheese.

5. Bake, uncovered, 20-25 minutes or until heated through and cheddar cheese is melted.

PER SERVING *561 cal., 32 g fat (18 g sat. fat), 76 mg chol., 1,466 mg sodium, 50 g carb., 4 g fiber, 17 g pro.*

Eddie's Favorite Fiesta Corn

When sweet corn is available, I love making this splurge of a side dish. Frozen corn works, but taste as you go and add sugar if needed.

PREP: 15 MIN. • **COOK:** 25 MIN.
MAKES: 8 SERVINGS

- ½ lb. bacon strips, chopped
- 5 cups fresh or frozen super sweet corn
- 1 medium sweet red pepper, finely chopped
- 1 medium sweet yellow pepper, finely chopped
- 1 pkg. (8 oz.) reduced-fat cream cheese
- ½ cup half-and-half cream
- 1 can (4 oz.) chopped green chilies, optional
- 2 tsp. sugar
- 1 tsp. pepper
- ¼ tsp. salt

1. In a 6-qt. stockpot, cook bacon over medium heat until crisp, stirring occasionally. Remove with a slotted spoon; drain on paper towels. Discard drippings, reserving 1 Tbsp. in pan.
2. Add corn, red pepper and yellow pepper to drippings; cook and stir over medium-high heat 5-6 minutes or until tender. Stir in remaining ingredients until blended; bring to a boil. Reduce heat; simmer, covered, 8-10 minutes or until thickened.

PER SERVING *249 cal., 14 g fat (7 g sat. fat), 39 mg chol., 399 mg sodium, 22 g carb., 2 g fiber, 10 g pro.*

Spicy Pork & Green Chili Verde

My pork chili is brimming with poblano and sweet red peppers for a nice kick. Serve it with sour cream, Monterey Jack and tortilla chips.

PREP: 40 MIN. + STANDING
COOK: 25 MIN. • **MAKES:** 6 SERVINGS

- 6 poblano peppers
- 2 Tbsp. butter
- 1½ lbs. pork tenderloin, cut into 1-in. pieces
- 2 medium sweet red or yellow peppers, coarsely chopped
- 1 large sweet onion, coarsely chopped
- 1 jalapeno pepper, seeded and finely chopped
- 2 Tbsp. chili powder
- 2 garlic cloves, minced
- 1 tsp. salt
- ¼ tsp. ground nutmeg
- 2 cups chicken broth

Optional toppings: lime wedges, shredded Monterey Jack cheese and crumbled tortilla chips

1. Place poblano peppers on a foil-lined baking sheet. Broil 4 in. from heat until skins blister, about 5 minutes. With tongs, rotate peppers a quarter turn. Broil and rotate until all sides are blistered and blackened. Immediately place peppers in a large bowl; let stand, covered, 10 minutes.
2. Peel off and discard charred skin. Remove and discard stems and seeds. Finely chop peppers.
3. In a 6-qt. stockpot, heat butter over medium heat. Brown pork in batches. Remove with a slotted spoon; set aside.
4. In same pan, add red peppers, onion and jalapeno; cook, covered, over medium heat 8-10 minutes or until tender, stirring occasionally. Stir in chili powder, garlic, salt and nutmeg. Add broth, roasted peppers and pork; bring to a boil. Reduce heat; simmer, uncovered, 10-15 minutes or until pork is tender. Serve with toppings as desired.

PER SERVING *235 cal., 9 g fat (4 g sat. fat), 75 mg chol., 913 mg sodium, 14 g carb., 4 g fiber, 25 g pro.* ■



Eddie's Favorite Fiesta Corn



Spicy Pork & Green Chili Verde



Bring on *the* Breakfast

Here's a taste of our most highly rated, beloved breakfasts *ever.* They're part of the *Most Requested Recipes* bonus tucked inside the newest *Taste of Home Cookbook.*

Cheesy Zucchini Quiche

Put together your pastry dough the night before and stash it in the fridge till morning. That rest time will give the quiche a more tender crust.

—KAREN HOWARD LAKEVILLE, MA

PREP: 25 MIN. • **BAKE:** 35 MIN. + STANDING
MAKES: 8 SERVINGS

- **Pastry for single-crust pie (9 in.)**
- **3 Tbsp. butter**
- **4 cups thinly sliced zucchini (about 3 medium)**
- **1 large onion, thinly sliced**
- **2 large eggs**
- **2 tsp. dried parsley flakes**
- **½ tsp. salt**
- **½ tsp. garlic powder**
- **½ tsp. dried basil**
- **½ tsp. dried oregano**
- **¼ tsp. pepper**
- **2 cups (8 oz.) part-skim shredded mozzarella cheese**
- **2 tsp. prepared mustard**

1. Preheat oven to 400°. Unroll pastry sheet into a 9-in. pie plate; flute edge. Refrigerate while preparing filling.

2. In a large skillet, heat butter over medium heat. Add zucchini and onion; cook and stir until tender. Drain and cool slightly.

3. In a large bowl, whisk eggs and seasonings until blended. Stir in cheese and zucchini mixture. Spread mustard over pastry shell; add filling.

4. Bake on a lower oven rack 35-40 minutes or until a knife inserted near the center comes out clean and crust is golden brown. Cover edge loosely with foil during the last 15 minutes if needed to prevent overbrowning. Let stand 10 minutes before cutting.

PASTRY FOR SINGLE-CRUST PIE (9 IN.)
Combine 1¼ cups all-purpose flour and ¼ tsp. salt; cut in ½ cup cold butter until crumbly. Gradually add 3-5 Tbsp. ice water, tossing with a fork until dough holds together when pressed. Wrap in plastic wrap and refrigerate 1 hour.

PER SERVING *332 cal., 23 g fat (13 g sat. fat), 103 mg chol., 559 mg sodium, 20 g carb., 2 g fiber, 12 g pro.*

FIND IT! Blue Linen Dinner Napkin *$10* **kstyledesign.etsy.com**



Mini Caramel Rolls

I have the perfect warm treat for chilly, still-in-your-pajamas mornings: gooey sweet rolls that are ready in no time, thanks to refrigerated crescent dough.
—KAYLA WIEGAND CONGERVILLE, IL

PREP: 20 MIN. • **BAKE:** 15 MIN.
MAKES: 12 SERVINGS

- **⅓ cup packed brown sugar**
- **⅓ cup butter, cubed**
- **2 Tbsp. light corn syrup**
- **1½ tsp. 2% milk**
- **1 tube (8 oz.) refrigerated crescent rolls**
- **2 tsp. sugar**
- **½ tsp. ground cinnamon**

1. Preheat oven to 375°. In a small saucepan, combine brown sugar, butter, corn syrup and milk; cook and stir over medium heat until blended. Pour into a greased 9-in. pie plate.
2. Separate crescent dough into four rectangles; gently press perforations to seal. In a small bowl, mix sugar and cinnamon; sprinkle evenly over rectangles. Roll up jelly-roll style, starting with a long side; pinch seams to seal.
3. Cut each roll into nine slices; place in prepared dish, cut side down. Bake 15-18 minutes or until golden brown. Cool for 1 minute before inverting onto a serving plate.
PER SERVING *155 cal., 9 g fat (4 g sat. fat), 13 mg chol., 189 mg sodium, 17 g carb., trace fiber, 1 g pro.* ■

FAST FIX Fruit-Filled French Toast Wraps

Here's my fast and fabulous favorite for brunch. If I have extra berries, I just make a fruit salad for later.
—DAWN JARVIS BRECKENRIDGE, MN

START TO FINISH: 25 MIN.
MAKES: 2 SERVINGS

- **¾ cup (6 oz.) vanilla yogurt**
- **⅔ cup sliced ripe banana**
- **1 large egg**
- **¼ cup 2% milk**
- **1 tsp. ground cinnamon**
- **½ tsp. ground nutmeg**
- **2 whole wheat tortillas (8 in.)**
- **2 tsp. butter**
- **⅔ cup sliced fresh strawberries**
- **⅔ cup fresh blueberries**
- **¼ cup granola**
- **Confectioners' sugar**

1. In a small bowl, combine yogurt and banana. In a shallow bowl, whisk egg, milk, cinnamon and nutmeg. Dip both sides of each tortilla in egg mixture. In a skillet, heat butter over medium-high heat. Add tortilla; cook 1-2 minutes on each side or until golden brown.
2. Spoon yogurt down center of tortillas; top with strawberries, blueberries and granola. Roll up; dust with confectioners' sugar.
PER SERVING *399 cal., 10 g fat (4 g sat. fat), 72 mg chol., 256 mg sodium, 68 g carb., 9 g fiber, 15 g pro.*



127 Recipes On Us

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RECIPES & STORY BY **ERIKA MONROE-WILLIAMS**
SCOTTSDALE, AZ | *thehopelesshousewife.com*



The Best Chicken & Dumplings

These take me back to my childhood and the nippy days when we'd devour bowl after bowl of rich, hot soup.

PREP: 25 MIN. • **COOK:** 1 HOUR 10 MIN.
MAKES: 8 SERVINGS (3 QT.)

- ¾ cup all-purpose flour, divided
- ½ tsp. salt
- ½ tsp. freshly ground pepper
- 3 lbs. chicken pieces
- 2 Tbsp. canola oil
- 1 large onion, chopped
- 2 medium carrots, chopped
- 2 celery ribs, chopped
- 3 garlic cloves, minced
- 6 cups chicken stock
- ½ cup white wine or apple cider
- 2 tsp. sugar
- 2 bay leaves
- 5 whole peppercorns

DUMPLINGS

- 1⅓ cups all-purpose flour
- 2 tsp. baking powder
- ¾ tsp. salt
- ⅔ cup 2% milk
- 1 Tbsp. butter, melted

SOUP

- ½ cup heavy whipping cream
- 2 tsp. minced fresh parsley
- 2 tsp. minced fresh thyme
- Additional salt and pepper

1. In a bowl, mix ½ cup flour, salt and pepper. Add chicken, one piece at a time, and toss to coat; shake off excess. In a 6-qt. stockpot, heat oil over medium-high heat. Brown chicken in batches; remove from pan.

2. Add onion, carrots and celery to same pan; cook and stir 6-8 minutes or until onion is tender. Add garlic; cook and stir 1 minute longer. Stir in ¼ cup flour. Gradually add chicken stock, stirring constantly. Stir in white wine, sugar, bay leaves and peppercorns. Return chicken to pan; bring to a boil. Reduce heat; simmer, covered, 20-25 minutes or until chicken juices run clear.

3. Meanwhile, in a bowl, whisk flour, baking powder and salt. In another bowl, whisk milk and melted butter. Add to flour mixture; stir just until moistened (do not overmix). Drop by rounded tablespoonfuls onto a parchment paper-lined baking sheet.

4. Remove chicken from stockpot; cool slightly. Discard bay leaves and skim fat from soup. Remove skin and bones from chicken and discard. Using two forks, coarsely shred meat; return to soup. Cook, covered, on high until mixture reaches a simmer.

5. Drop dumplings on top of simmering soup, a few at a time. Reduce heat to low; cook, covered, 15-18 minutes or until a toothpick inserted in center of dumplings comes out clean (do not lift cover while simmering). Gently stir in cream, parsley and thyme. Season to taste with additional salt and pepper.

PER SERVING *470 cal., 24 g fat (8 g sat. fat), 104 mg chol., 892 mg sodium, 29 g carb., 2 g fiber, 32 g pro.*

FAST FIX

Pear & Pomegranate Salad

Tart pomegranate and herbed cheese add zip to this cool salad. Look for the Boursin with the firmer texture, rather than the creamier, more spreadable version, in the cheese case.

START TO FINISH: 25 MIN.
MAKES: 4 SERVINGS

- ¼ cup apple juice
- 2 Tbsp. canola oil
- 1 Tbsp. cider vinegar
- 1 Tbsp. white balsamic vinegar or white wine vinegar
- ⅛ tsp. onion powder
- ⅛ tsp. coarsely ground pepper
- Dash salt
- 3 medium Bosc pears
- 1 head Boston or Bibb lettuce (about 6 oz.), torn
- 1 cup pomegranate seeds
- 1 cup coarsely chopped pecans, toasted
- ¾ cup crumbled Boursin garlic and fine herbs cheese (half of a 5.2-oz. pkg.) or garlic and herb feta cheese

1. In a blender, combine the first seven ingredients. Cut one pear lengthwise in half; peel, core and coarsely chop one pear half. Add chopped pear to blender; cover and process until blended. Cut remaining pears and pear half lengthwise into ¼-in. slices.

2. Arrange lettuce on four plates. Top with pears, pomegranate seeds and pecans; sprinkle with cheese. Add dressing; serve immediately.

TO TOAST NUTS *Bake in a shallow pan in a 350° oven for 5-10 minutes or cook in a skillet over low heat until lightly browned, stirring occasionally.*

PER SERVING *388 cal., 29 g fat (4 g sat. fat), 6 mg chol., 74 mg sodium, 34 g carb., 7 g fiber, 4 g pro.* ■



Pear & Pomegranate Salad

Foolproof & Fabulous

When I was a kid, I'd watch my mother cook for hours, waiting for the time I'd be old enough to tie on an apron of my own. Soon enough, I was learning to make cookies and Sunday brunch at her side.



ERIKA MONROE-WILLIAMS

When I began cooking by myself, I had some pretty amazing kitchen disasters. You name it, I've burned it, undercooked it, spilled it or just plain ruined it. Luckily, the mistakes actually helped me make my recipes foolproof.

Now I know exactly what *not* to do at almost every turn in the kitchen, and I'm teaching those tricks to my own daughter, Madison. She's already a great baker, making her grandma's awesome apricot shortbread cookies without a hitch.

I often re-create my mom's recipes, too, including her chicken and dumplings. After some tweaks, like adding cream and white wine, I've come up with a dinner we all adore. Mom always asks for my secrets to making the recipe even better.

I've got more secrets for you in the Taste of Home Online Cooking School class "All About Breads and Rolls." You'll love the Overnight Cinnamon Rolls. (*Editor's note:* Sign up today at **tohcookingschool.com/bread** and get 25% off by using code 25OFFBREAD at checkout.)



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Soup Kitchen Sweethearts

It's the stuff movies are made of: Single gal whips up her signature chili, **feeds the homeless and finds true love.**

For 20 years, Marty Nickerson made her special chili to feed hundreds of people in need. "The shelter needed volunteers to bring food and spend the night," she says. "I didn't have a family yet and enjoyed cooking, so I signed up, bonded with others and kept coming back.

"I didn't see these men and women as homeless, I saw them as people. I wanted them to feel like guests in my home when I cooked for them." And they did. Her signature dish disappeared quickly. It also brought her an affectionate nickname—Chili—and a husband. "George was volunteering at the shelter, too, and after trying one bite of my chili, he insisted on meeting the cook," Marty recalls. "The rest is history."



The couple even delivered leftovers from their wedding to the shelter.

SLOW COOKER

Marty's Bean Burger Chili

My husband and I met while working the dinner shift at a homeless shelter, where we served my chili. I've revised my recipe using black bean burgers.
—MARTY NICKERSON ELLINGTON, CT

PREP: 15 MIN. • **COOK:** 7 HOURS • **MAKES:** 6 SERVINGS

- **2 cans (14½ oz. each) no-salt-added diced tomatoes, drained**
- **1 can (14½ oz.) diced tomatoes, drained**
- **1 can (16 oz.) kidney beans, undrained**
- **1 can (15 oz.) black beans, undrained**
- **1 can (15 oz.) garbanzo beans or chickpeas, rinsed and drained**
- **4 frozen spicy black bean veggie burgers, thawed and coarsely chopped**
- **1 large onion, finely chopped**
- **1 large sweet red or green pepper, chopped**
- **2 Tbsp. chili powder**
- **1 Tbsp. Worcestershire sauce**
- **3 tsp. dried basil**
- **3 tsp. dried oregano**
- **2 tsp. hot pepper sauce**
- **2 garlic cloves, minced**

Place all ingredients in a 5- or 6-qt. slow cooker; stir to combine. Cook, covered, on low 7-9 hours to allow flavors to blend.
PER SERVING *348 cal., 6 g fat (trace sat. fat), 0 chol., 1,151 mg sodium, 58 g carb., 19 g fiber, 21 g pro.* ■

Marty's Chili Tips

Top it with chopped celery. My husband loves it that way. I like it with corn bread.

Make it mild and offer hot sauce on the side to please different palates.

Be flexible. Use peppers or beans that are on sale. Serve it over cooked rice or noodles to feed a crowd.

WHO'S YOUR HOMEMADE HERO?

Send your hero's story and signature recipe to shareastory@tasteofhome.com. Please include "Homemade Hero" in the subject line.

CONTRIBUTOR PHOTO: TIM MICHAUD

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Roasted Fresh Pumpkin Seeds

Pumpkin Fest

Field Editors' FAVORITES

Any way you scoop it, **fall's prize ingredient is too good to resist.** Bake it, spice it or make it snacky. The pumpkin party starts now.



New England Pumpkin Walnut Bread



Savory Pumpkin Quiche



Black Bean & Pumpkin Chili

EAT SMART 5 INGREDIENTS

Roasted Fresh Pumpkin Seeds



I learned how to roast pumpkin seeds from my mother, who learned it from her mother. Soaking the seeds overnight is key.

—MARGARET DRYE PLAINFIELD, NH

field editor

PREP: 20 MIN. + SOAKING
BAKE: 1½ HOURS + COOLING
MAKES: 6 SERVINGS (1½ CUPS)

- **2 cups fresh pumpkin seeds**
- **1 tsp. salt**
- **1 Tbsp. olive oil**
- **¾ tsp. kosher or fine sea salt**

1. Place seeds in a 1-qt. bowl; cover with water. Stir in 1 tsp. salt; let stand, covered, overnight.
2. Preheat oven to 200°. Drain and rinse seeds; pat dry. Toss with oil and kosher salt; spread in a 15x10x1-in. baking pan.
3. Roast 1½-1¾ hours or until crisp and lightly browned, stirring occasionally. Cool completely.

PER SERVING *115 cal., 6 g fat (1 g sat. fat), 0 chol., 248 mg sodium, 11 g carb., 4 g fiber, 4 g pro.*
Diabetic Exchanges: *1 fat, ½ starch.*

EAT SMART

Black Bean & Pumpkin Chili



This is my kind of chili, perfectly thick and hearty. It's a great source of fiber, plus it's loaded with beta carotene. Try it over cooked quinoa, barley or brown rice.

—JEAN ECOS HARTLAND, WI field editor

PREP: 20 MIN. • **COOK:** 1 HOUR
MAKES: 8 SERVINGS (2½ QT.)

- **1 Tbsp. olive oil**
- **1 sweet yellow pepper, chopped**
- **1 medium onion, chopped**
- **3 garlic cloves, minced**
- **3 cups reduced-sodium chicken broth**
- **1 can (15 oz.) solid-pack pumpkin**
- **1 can (14½ oz.) diced tomatoes, undrained**
- **2 tsp. chili powder**
- **1½ tsp. ground cumin**
- **1½ tsp. dried oregano**
- **½ tsp. salt**
- **½ tsp. smoked paprika**
- **2 cans (15 oz. each) black beans, rinsed and drained**
- **1½ cups shredded cooked chicken**
- **¼ cup chopped fresh cilantro**

1. In a 6-qt. stockpot, heat oil over medium heat. Add pepper and onion; cook and stir 6-8 minutes or until tender. Stir in garlic; cook 1 minute.
2. Stir in broth, pumpkin, tomatoes and seasonings. Mash one can of beans. Add mashed beans and the remaining can of whole beans to pot; bring to a boil. Reduce heat; simmer, covered, 45 minutes to allow flavors to blend, stirring occasionally. Stir in chicken and cilantro; heat through.

PER SERVING *200 cal., 4 g fat (1 g sat. fat), 23 mg chol., 698 mg sodium, 26 g carb., 8 g fiber, 15 g pro.*
Diabetic Exchanges: *2 lean meat, 1 starch, 1 vegetable.*

New England Pumpkin Walnut Bread



Pumpkin bread is for chilly mornings when you long for some home-style New England food. Slice it and serve it with a hot, soothing beverage.

—KIM FORNI LACONIA, NH field editor

PREP: 25 MIN. • **BAKE:** 1 HOUR + COOLING
MAKES: 2 LOAVES (16 SLICES EACH)

- **½ cup old-fashioned oats**
- **¼ tsp. sugar**
- **⅛ tsp. ground cinnamon**

BREAD

- **1 can (15 oz.) solid-pack pumpkin**
- **4 large eggs**
- **¾ cup canola oil**
- **⅔ cup water**
- **2 cups sugar**
- **1 cup honey**
- **1½ tsp. vanilla extract**
- **3½ cups all-purpose flour**
- **2 tsp. baking soda**
- **1½ tsp. salt**
- **1½ tsp. ground cinnamon**
- **1 tsp. ground nutmeg**
- **½ tsp. ground cloves**
- **½ tsp. ground ginger**
- **1 cup chopped walnuts, toasted**

1. Preheat oven to 350°. In a small skillet, combine oats, sugar and cinnamon; cook and stir over medium heat 4-6 minutes or until oats are toasted. Remove from heat.
2. In a large bowl, beat pumpkin, eggs, oil, water, sugar, honey and vanilla until well blended. In another bowl, whisk flour, baking soda, salt and spices; gradually beat into the pumpkin mixture. Fold in walnuts. Transfer to two greased 9x5-in. loaf pans. Sprinkle tops with oat mixture.
3. Bake 60-70 minutes or until a toothpick inserted in center comes out clean. Cool in pan 10 minutes before removing to a wire rack to cool.

PER SLICE *220 cal., 9 g fat (1 g sat. fat), 23 mg chol., 200 mg sodium, 34 g carb., 1 g fiber, 3 g pro.*

Savory Pumpkin Quiche



Fresh mushrooms add a lot of flavor. Try different types, like baby portobello and cremini mushrooms.

—RACHEL GARCIA COLORADO SPRINGS, CO field editor

PREP: 15 MIN. • **BAKE:** 50 MIN. + STANDING
MAKES: 8 SERVINGS

- **3 large eggs**
- **1 can (15 oz.) solid-pack pumpkin**
- **1 can (5 oz.) evaporated milk**
- **¾ cup cooked, crumbled bacon**
- **½ cup sliced mushrooms**
- **¼ cup finely chopped onion**
- **¼ cup finely chopped green pepper**
- **½ cup grated Parmesan cheese**
- **1 Tbsp. all-purpose flour**
- **1 frozen deep-dish pie shell**

1. Preheat oven to 375°. In a bowl, whisk eggs, pumpkin and milk. Stir in bacon, mushrooms, onion and pepper. Toss cheese with flour; stir into egg mixture. Pour into pie shell.
2. Bake on a lower oven rack 50-60 minutes or until a knife inserted near the center comes out clean. Let stand 15 minutes before cutting.

PER SERVING *231 cal., 13 g fat (5 g sat. fat), 96 mg chol., 417 mg sodium, 18 g carb., 2 g fiber, 11 g pro.* ■

Taste of Home

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Volunteers from every state—and Canada—belong to the big, happy Field Editor family. They **share recipes, reviews and tips** from their kitchens. You'll find some in this issue!

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Chicago Doctor Invents *Affordable* Hearing Aid

Outperforms Many Higher Priced Hearing Aids

Reported by J. Page

CHICAGO: A local board-certified Ear, Nose, & Throat (ENT) physician, Dr. S. Cherukuri, has shaken up the hearing aid industry with the invention of a medical-grade, affordable hearing aid. **This revolutionary hearing aid is designed to help millions of people with hearing loss who cannot afford—or do not wish to pay—the much higher cost of traditional hearing aids.**

"Perhaps the best quality-to-price ratio in the hearing aid industry" – Dr. Babu, Board-Certified ENT Physician

Dr. Cherukuri knew untreated hearing loss could lead to depression, social isolation, anxiety, and symptoms consistent with Alzheimer's dementia. **He didn't know why hearing aids were so expensive when the prices on so many consumer electronics like TVs, DVD players, cell phones, and digital cameras had fallen.**

Since Medicare and most private insurance plans do not cover the costs of hearing aids, which can cost run between $2,000-$6,000 for a pair, many of the doctor's patients could not afford the expense. Dr. Cherukuri's goal was to find a solution that would help with the most common types of hearing loss at an affordable price, not unlike the **"one-size-fits-most" reading glasses** available at drug stores.

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He evaluated numerous hearing devices and sound amplifiers, including those seen on television. Without fail, those were found to amplify bass/low frequencies (below 1000 Hz) and were not effective amplifying the frequencies related to the human voice.

Inspiration From a Surprising Source

The doctor's inspiration to defeat the powers-that-be that kept inexpensive hearing aids out of the hands of the public actually came from a cell phone he had just purchased. **"I felt that if someone could develop an affordable device like an iPhone® for that could do all sorts of things, I could create a hearing aid at a similar price."**

Affordable Hearing Aid With Superb Performance

The high cost of hearing aids is a result of layers of middlemen and expensive unnecessary features. Dr. Cherukuri concluded that it would be possible to develop a medical-grade hearing aid without sacrificing the quality of components. The result is the **MD**HearingAir ***PRO***, well under $200 each when buying a pair. **It has been declared to be the best low-cost hearing aid that amplifies the range of sounds associated with the human voice without overly amplifying background noise.**

Tested By Leading Doctors and Audiologists

The **MD**HearingAid ***PRO*** has been rigorously tested by leading ENT physicians and audiologists who have unanimously agreed that the **sound quality and output in many cases exceeds more expensive hearing aids.**

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"LOWEST AFFORDABLE PRICE"

"I have been wearing hearing aids for over 25 years and these are the best Behind-the-Ear aids I have tried. ***Their sound quality rivals that of my $3,000 custom pair of Phonak Xtra digital ITE."*** —Gerald L.

"I have a $2,000 Resound Live hearing aid in my left ear and the **MD**HearingAid® ***PRO*** *in my right ear.* ***I am not able to notice a significant difference in sound quality between the two hearing aids."***
—Dr. May, ENT physician

"They work so great, my mother says she hasn't heard this well in years, even with her $2,000 digital! ***It was so great to see the joy on her face.*** *She is 90 years young again."* —Al P.

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RECIPE INDEX

EAT SMART — Lower in calories, fat and sodium

5 INGREDIENTS — 5 ingredients max, plus staples like salt, pepper and oil

FAST FIX — Done in 30 minutes or less

SLOW COOKER — Set it and forget it

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Taste of Home's registered dietitians based our Eat Smart guidelines on criteria set by the United States Department of Agriculture, the American Heart Association and the American Diabetes Association. Main dishes marked with the icon, for the most part, have **no more than 550 calories, 12 grams of fat and 800 mg of sodium per serving.**

Hey, Instagrammers!

Tag your recipe shots with **#tasteofhome** and you could see yours here.



"Sesame seed bun. Recipe from #tasteofhome"
—@katiekg103

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1 ***Want to see your name in print?*** Send us your favorite recipe to share with other readers. It's easy! Simply use the convenient form at **tasteofhome.com/submit.**

2 When sending recipes, please be specific with directions, measurements and sizes of cans, packages and pans. And please share a few words about the recipe and yourself. (For recipe contest entries, follow the directions on *page 60.*)

3 Please be patient. Because of the large volume of mail, it can take our small staff several months to review submissions. We may hold your material without informing you, but we will let you know if we publish something you submitted. Materials that won't fit in *Taste of Home* may be considered for our websites, cookbooks, promotions and other publications.

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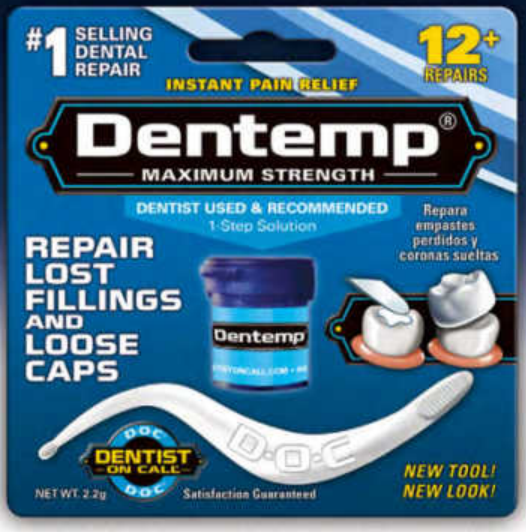
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Mac & Cheesiest

A triple-cheese whammy of Gruyere, cheddar and Parmesan makes reader Joan Sullivan's ultimate comfort food recipe incredibly satisfying. Bake till bubbly.

Baked Three-Cheese Macaroni



My legendary mac is a must for big family events. Gruyere makes it creamy, and extra-sharp cheddar gives it a nice bite.

—JOAN SULLIVAN GAMBRILLS, MD

PREP: 20 MIN. • **BAKE:** 30 MIN.
MAKES: 12 SERVINGS (¾ CUP EACH)

- **1 pkg. (16 oz.) elbow macaroni or fusilli pasta**
- **6 Tbsp. butter, cubed**
- **½ cup all-purpose flour**
- **4 cups 2% milk, warmed**
- **4 cups (16 oz.) shredded Gruyere cheese**
- **2 cups (8 oz.) shredded extra-sharp cheddar cheese**
- **2 tsp. salt**
- **¾ tsp. freshly ground pepper**
- **¼ tsp. freshly ground nutmeg**
- **1½ cups panko (Japanese) bread crumbs**
- **½ cup grated Parmesan cheese**
- **2 Tbsp. butter, melted**

1. Preheat oven to 350°. Cook macaroni in a 6-qt. stockpot according to package directions for al dente. Drain; return to pot.

2. In a large saucepan, melt 6 Tbsp. butter over medium heat. Stir in flour until smooth; whisk in warmed milk. Bring to a boil, stirring constantly; cook and stir 2-3 minutes or until thickened.

3. Remove from heat; stir in Gruyere and cheddar cheeses, salt, pepper and nutmeg. Add to macaroni, tossing to coat.

4. Transfer mixture to a greased 13x9-in. baking dish. Toss panko bread crumbs with Parmesan cheese and melted butter; sprinkle over casserole. Bake, uncovered, 30-40 minutes or until bubbly and top is golden brown.

PER SERVING *487 cal., 24 g fat (14 g sat. fat), 76 mg chol., 515 mg sodium, 41 g carb., 2 g fiber, 27 g pro.* ■

322
MAC & CHEESE
vs.
TUNA NOODLE CASSEROLE
141

MAC & PLEASE

We asked *Taste of Home* Facebook fans which creamy, noodly dish they love most—it's mac and cheese for the win.

Gimme the mac.
—LORI KIPNES LAKEVILLE, MA

Mac topped with Cheez-Its!
—DAVID JENKINS ATLANTA, GA

Mac and cheese! Hands down. Yup, don't forget the bread crumb topping.
—GERRIE WEST
WILLIAMS LAKE, BC

Mac and cheese with crushed cornflakes on top.
—KATHIE MUMMEY
MISHAWAKA, IN

Mac. Some of us who grew up Catholic in the old days would just as soon never see another tuna casserole!
—CATHERINE CLARKE ANDERSON
GREENFIELD, WI

NEXT UP **EGGS BENEDICT *VS.* QUICHE LORRAINE** GET IN ON MORE FORK FIGHT FUN. LIKE US AT **FACEBOOK.COM/TASTEOFHOME.**

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–Mike Fenster, Cardiologist/ Professional Chef/Author

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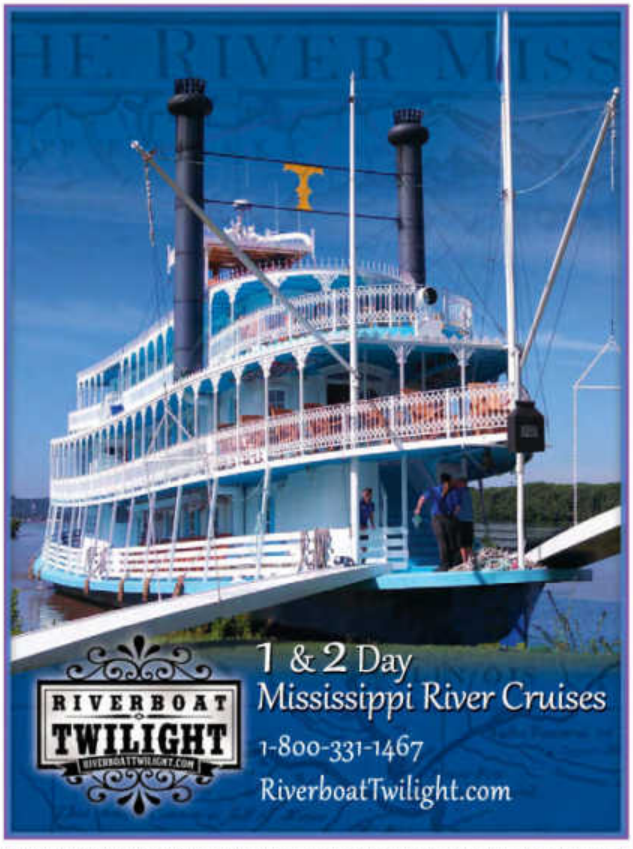
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Taste of Home

BACK-TO-SCHOOL RECIPES & TIPS



KIDS IN THE KITCHEN

10 *Tasty Ideas for Sandwiches They'll Love*

Make Kitchen Chores **FUN!**

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GOOD CLEAN FUN

KIDS LOVE TO HELP COOK.

But to clean the mess that often follows? Not so much. Create good habits that will last a lifetime with these tips for making chores less of a bore.

CREATE A CHORE CHART

A small magnetic dry-erase board is great for this. List chores and draw two columns, "not done" and "done," and let littles move fun magnets between the two as they finish tasks. Or create a sticker chart. When a certain number of stickers is collected, offer a small reward.

PROVIDE TOOLS THEY CAN USE

Fill a bright-colored bucket with safe cleaning products kids love to use—rags they can wet with water or mild dish soap, a small broom and dustpan, a feather duster, an eraser sponge for tougher stains, a roll of paper towels, and a spray bottle filled with homemade vinegar-and-water cleaner.

MAKE A GAME OF IT

Set a timer and challenge them to beat the clock. If you have multiple children, create a healthy bout of sibling rivalry by giving each a task. Crank their favorite song. Whoever finishes before the song ends wins!

START THEM YOUNG

The sooner you get them in on the action, the more routine chores become. Start with easy tasks—putting items away, wiping the table with a damp cloth, etc. Offer plenty of high praise, even if the job isn't done to perfection.

KEEP INSTRUCTIONS SPECIFIC

Young ones don't do vague. Instead of saying "clear the table," ask them to put plates, cups and flatware in the dishwasher. Eventually they will know what the final expectations are, but until then, clear direction is key.



KITCHEN CHORES CHECKLIST

Get your little helpers pitching in with these age-appropriate tasks.

AGES 3+

- ☐ Set table
- ☐ Replace kitchen towel

AGES 5+

- ☐ Spot-clean the floor
- ☐ Pack up leftovers
- ☐ Clear the table of dirty dishes

AGES 8+

- ☐ Wipe down countertops & stovetop
- ☐ Unload/load dishwasher
- ☐ Empty garbage

AGES 10+

- ☐ Hand-wash pots & platters
- ☐ Clean splatter stains in microwave

DESSERT

Whipped Chocolate and Cherry Pie

We have a large family and they love trying all the cakes and pies I make. This is one of their favorites, so I make it about six times a year.

—BONNIE PHILLIPS CEDAR HILL, MO

PREP: 20 MIN. + CHILLING • **MAKES:** 8 SERVINGS

- **11 large marshmallows**
- **⅓ cup milk**
- **1 piece (3 oz.) milk chocolate candy bar, chopped**
- **1 container (8 oz.) frozen whipped topping, thawed, divided**
- **1 10-in. graham cracker crust**
- **1 can (21 oz.) cherry pie filling**

1. In a large saucepan, combine the marshmallows, milk and chocolate. Cook and stir over medium-low heat until smooth. Cool completely.
2. Fold ¾ cup whipped topping into chocolate mixture. Pour into prepared crust. Cover and refrigerate for at least 30 minutes.
3. Top with pie filling and remaining whipped topping. Cover and refrigerate 8 hours or overnight.

PER SERVING *416 cal., 16 g fat (8 g sat. fat), 3 mg chol., 213 mg sodium, 63 g carb., 1 g fiber, 3 g pro.*

MORE PIE POWER...

- ★ Set sugar cookie dough slices into greased mini muffin cups. Bake for 8 to 10 minutes. Remove from oven, punch down center with the back of a spoon and fill with pie filling. Pop back into the oven for 5 minutes.
- ★ Mix a block of cream cheese with a cup of powdered sugar and a bit of vanilla extract. Spread on a large plate and top with some cherry pie filling. Refrigerate until ready to serve. Serve with graham crackers or wafer cookies.
- ★ Fill mini shortcake cups with a dollop of strawberry pie filling. Top with whipped cream!
- ★ Fill a jelly roll pan with batter for a yellow cake mix prepared according to package directions. Top with a spoonful of blueberry pie filling every few inches. Once baked, cut into bars.
- ★ Make pudding parfaits by layering pie filling, fresh fruit, granola and yogurt.



SIDES

Green Bean Bundles

I found this recipe in a rural newspaper years ago. The bean bundles are excellent with chicken or beef. Sometimes I'll arrange them around a mound of wild rice to make an appetizing side dish.

—**VIRGINIA STADLER** NOKESVILLE, VA

PREP/TOTAL TIME: 25 MIN. • **MAKES:** 8 SERVINGS

- **1 lb. fresh green beans, trimmed**
- **8 bacon strips, partially cooked**
- **1 Tbsp. finely chopped onion**
- **3 Tbsp. butter**
- **1 Tbsp. white wine vinegar**
- **1 Tbsp. sugar**
- **¼ tsp. salt**

1. Cook the beans until crisp-tender. Wrap about 10 beans in each bacon strip; secure with a toothpick. Place on a foil-covered baking sheet. Bake at 400° for 10-15 minutes or until bacon is done.

2. In a skillet, saute onion in butter until tender. Add vinegar, sugar and salt; heat through. Remove bundles to a serving bowl or platter; pour sauce over and serve immediately.

PER SERVING *186 cal., 17 g fat (7 g sat. fat), 27 mg chol., 286 mg sodium, 5 g carb., 2 g fiber, 3 g pro.*

Pesto Breadsticks

Our Test Kitchen created these savory breadsticks. Whether you serve them with chicken, salad or pasta, these cute twists add fun to any menu.

PREP/TOTAL TIME: 20 MIN. • **MAKES:** 1 DOZEN

- **1 tube (11 oz.) refrigerated breadsticks**
- **2 Tbsp. prepared pesto**
- **¼ tsp. garlic pepper blend**
- **1 Tbsp. butter, melted**
- **2 Tbsp. shredded Parmesan cheese**

1. Unroll and separate breadsticks; place on an ungreased baking sheet. Combine pesto and garlic pepper; brush over breadsticks. Twist each breadstick three times.

2. Brush with butter; sprinkle with cheese. Bake at 375° for 10-13 minutes or until golden brown. Serve warm.

PER SERVING *196 cal., 7 g fat (2 g sat. fat), 8 mg chol., 485 mg sodium, 26 g carb., 1 g fiber, 6 g pro.*



MAIN

Stuffed Chicken Rolls

The wonderful aroma of this chicken cooking sparks our appetites. The ham and cheese rolled inside is a tasty surprise. The rolls are especially nice served over rice or pasta.

—JEAN SHERWOOD KENNETH CITY, FL

PREP: 25 MIN. + CHILLING • **COOK:** 4 HOURS
MAKES: 6 SERVNGS

- **6 boneless skinless chicken breast halves (8 oz. each)**
- **6 slices fully cooked ham**
- **6 slices Swiss cheese**
- **¼ cup all-purpose flour**
- **¼ cup grated Parmesan cheese**
- **½ tsp. rubbed sage**
- **¼ tsp. paprika**
- **¼ tsp. pepper**
- **¼ cup canola oil**
- **1 can (10¾ oz.) condensed cream of chicken soup, undiluted**
- **½ cup chicken broth**
- **Chopped fresh parsley, optional**

1. Flatten chicken to ¼-in. thickness; top with ham and cheese. Roll up and tuck in ends; secure with toothpicks.
2. In a shallow bowl, combine the flour, cheese, sage, paprika and pepper; coat chicken on all sides. In a large skillet, brown chicken in oil over medium-high heat.
3. Transfer to a 5-qt. slow cooker. Combine soup and broth; pour over chicken. Cover and cook on low for 4-5 hours or until chicken is tender. Remove toothpicks. Garnish with parsley if desired.

PER SERVING *525 cal., 26 g fat (10 g sat. fat), 167 mg chol., 914 mg sodium, 9 g carb., 1 g fiber, 60 g pro.*

ON A ROLL

Fill these chicken rolls with just about anything!

ITALIAN
- Prosciutto
- Sliced mozzarella
- Fresh basil

MEXICAN
- Chorizo
- Cilantro
- Monterey Jack cheese

FRENCH
- Mushrooms
- Leeks
- Boursin garlic fine herbs cheese

GREEK
- Kalamata olives
- Chopped artichokes
- Capers
- Feta

VEGETARIAN
- Spinach
- Sun-dried tomatoes
- Fresh garlic
- Goat cheese

JUST BECAUSE YOU CAN
- Bacon
- Caramelized onion
- Brie



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STEPPED-UP SUPPER

YOU TRY TO PLEASE EVERYONE, BUT DINNERTIME LEAVES YOU FEELING LIKE A SHORT-ORDER COOK.

Extra sauce on this, no veggies on that. Take back your sanity with this stepped-up supper that'll please the little ones while offering a little somethin'-somethin' for grown-ups, too.



SUPER SAMMIES!

IT'S BACK-TO-SCHOOL TIME!
With these 10 fresh ideas, packing a healthy lunch that's sure to please even your pickiest eater just got a whole lot easier.

1 Turkey gets a tasty makeover with unique toppings—thinly sliced apples, guacamole, microgreens, sun-dried tomatoes, roasted veggies, chopped olives and cherry pepper relish.

2 Make fun-to-eat sandwich skewers. Thread rolled lunchmeat, cubed cheese, cherry tomatoes, sliced cucumbers and small squares of bread onto short skewers. Serve a dipping sauce alongside.

3 Pack a napkin note—a short, sweet message written on a plain napkin. A few words of praise or encouragement go a long way in the eyes of a child.

4 Use cookie cutters to create cool cutouts. Think stars, hearts and fun animal shapes. Cut each layer separately, or the entire sandwich if it's soft enough. (*Psst*—this trick works with watermelon slices, too.)

5 Bring the party with pinwheels. Slather cream cheese onto a tortilla, making sure to cover the edges. Layer your favorite sandwich fixings and roll into a wrap. Cut into 1-inch slices. Done and done.

6 Give fun names to your family's favorite sandwiches. Combine ham with sweet mayo, sliced pineapple and avocado, and it's the "Big Kahuna." Or whip up a "Goofy Gobbler" with turkey, spinach, cranberry sauce and Brie.

7 Condiments are the sandwich artist's paint. Create a masterpiece with flavored cream cheese, hummus, pesto aioli, sweet honey mustard, fruit chutney, fig jam or homemade herb yogurt spread.

8 Do it like the deli and wrap sandwiches in butcher paper; secure with a colorful piece of yarn. If you're feeling extra-crafty, customize the outside with rubber stamps.

9 Little hands love sliders. Use mini bagels, sweet rolls or slider-size brioche or Kaiser rolls instead of sliced bread.

10 One word: waffles. Use in place of bread. Yes, it's that easy and the kids will love it!



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